


# REDBOOK

A full-page photograph of Jennifer Lopez is the background for the magazine cover. She is smiling, looking directly at the camera, with her hands on her hips. She is wearing a dark blue, ruffled, short-sleeved top and a matching skirt. Her hair is styled in loose waves, and she is wearing large hoop earrings and a bracelet on her right wrist.

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## 21 RED-HOT Q&As

Your secret desires,  
body hang-ups,  
plus a racy  
idea or two

**The real  
reasons  
you're  
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weight**

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The surprising  
question husband  
Marc keeps asking her

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before after\*  
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\*clinical release

# RED BOOK

ON FAME



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the best.  
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what  
drove  
me.**



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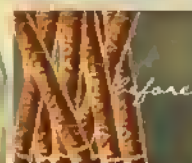
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# RED BOOK

ON  
MOTHERHOOD

“

I'm  
Max and  
Emme's  
mom—  
that's  
the most  
pure,  
loving  
side  
of me.

”



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# RED BOOK

ON  
MARRIAGE

●●  
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inspires  
me to be  
a better  
person,  
mom,  
singer,  
friend,  
wife.**  
●●

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our reputation on it.



2010 LTZ as shown, \$27,675<sup>3</sup>

<sup>1</sup> Malibu comes first. See [www.gm.com](#) for details. <sup>2</sup> EPA Estimated. <sup>3</sup> MSRP. Tax, title, license, dealer fees and optional equipment extra. Chevrolet and Malibu are registered trademarks and Chevy is a trademark of General Motors. © 2010 General Motors. Buckle up, America! The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license.



**Drinks gas from a sippy straw.**



**Introducing the all new Chevy Equinox.** The crossover that offers an amazing 32 mpg highway and up to 600 highway miles on a single tank of gas.<sup>1</sup> That's better than the Honda CR-V, Toyota RAV4 and even Ford Escape Hybrid,<sup>2</sup> so it's little wonder Equinox has been named A Consumers Digest Best Buy. Everyone deserves a crossover that saves money at the pump. Starting at \$23,360.<sup>3</sup> Find out more at [Chevy.com](http://Chevy.com).



**Excellence for All**



2010 LTZ as shown, \$28,965<sup>3</sup>

<sup>1</sup> EPA estimates for FWD models. <sup>2</sup> EPA-estimated mpg highway (2WD): CR-V, 27; RAV4, 28; Escape Hybrid, 31. <sup>3</sup> MSRP. Tax, title, license, dealer fees and optional equipment extra. Equinox is a registered trademark and Chevy is a trademark of General Motors. © 2010 General Motors. Buckle up, America! The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license.



# Neither mini nor van.



LT shown, with 7-passenger seating, \$38,760

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**Presenting the Chevy Traverse.** The 8-passenger crossover designed for families and made for you. The interior amenities lavish the driver in comfort, yet it has 30% more cargo space than a Honda Pilot. The Traverse also offers a remarkable 24 mpg highway.<sup>1</sup> So it's no wonder why Traverse was recently named A Consumers Digest Best Buy two years in a row. Everyone deserves a family car that isn't a minivan. Starting at \$29,999.<sup>2</sup> Find out more at [Chevy.com](http://Chevy.com).



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A close-up portrait of Jennifer Hudson, a Black woman with short, dark, wavy hair. She is smiling warmly at the camera, showing her teeth. She is wearing a dark, textured, possibly sequined or metallic, jacket. Her large, circular, silver-toned earrings are prominent, featuring a fringe of small, light-colored beads. In her right hand, she holds a clear glass filled with white milk. The background is a soft, out-of-focus brown.

The taste of fame.  
Center stage, silver screen,  
joyful new mom. How do  
I keep this show on the  
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performance.

got milk?

[www.whymilk.com/jenniferhudson](http://www.whymilk.com/jenniferhudson)

# May

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Glosses that give you a prettier pout.



## Style Scoop

- 49 **Shine On!** Beauty products up their luster.
- 50 **Beauty Checklist**
- 54 **Cheryl (and Friends!) Check It Out**  
New moms try post-baby body treatments.
- 56 **The Summer Skin-Care Switch**
- 62 **Beauty That Makes Sense** This year's MVPs appeal to all five senses.
- 72 **Lust for Less** Silky spring pieces.
- 74 **Made in the Shade** The best sunglasses for your face.
- 76 **Fashion That's a Plus** Find it at Walmart.
- 80 **Fashion Navigator** New ways to wear a classic oxford button-down.
- 82 **Mama Knows Best** Six hot moms show off their signature styles.

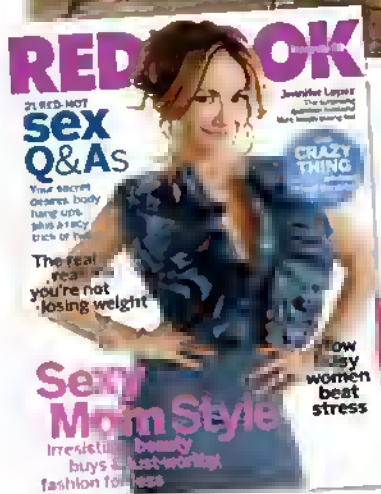
## Your Love Life

- 93 **The Kiss That Will Triple Your Bliss**
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- 98 **What I Know About Women** Chris Noth.
- 100 **Your Most Secret Sex Questions**  
Naked truths from Hilda Hutcherson, M.D.
- 106 **Agreeing to Disagree** By REDBOOK's Whys Guy, Aaron Traister.
- 111 **The Heart Stuff** Straight-talking relationship advice from Karen Karbo.
- 118 **Our Son's Autism Almost Tore Us Apart** Actress Holly Robinson Peete and husband Rodney share their struggle.



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Six sexy mamas share their style rules.



## On the Cover

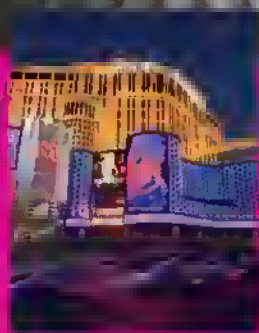
- 100 **21 Red-Hot Sex Q&As**
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- 38 **Cover Story: Jennifer Lopez**
- 96 **One Crazy Thing Couples Are Doing in Bed**
- 138 **How Busy Women Beat Stress**

Jennifer Lopez photographed exclusively for REDBOOK by Gilles Bensimon. Hair by Robert Vetica for MoroccanOil at TheMagnetAgency.com. Makeup by Francesca Tolot for Cloutier using Dior Beauty. Manicure by Bernadette Duenas at Fiore Beauty. Stylist: Martina Nilsson for OpusBeauty.com. Prop stylist: Peter Gargagliano for PeterGDesigns.com. Denim dress: Lauren Modlat. Jewelry: Marc Jacobs. Sequined dress: Manish Arora. Jewelry: Erickson Beamon. Vest and pants: Bleusson Noir. Hat: Stetson. Gown: Paula K. Jewelry: Erickson Beamon. Get Jennifer Lopez's look with makeup by Rimmel London and hair care by MoroccanOil. Makeup: Rimmel London Renew & Lift Foundation SPF 15. Special Eyes Eyeliner in Rich Brown. Colour Rush Quad in Smokey Brun. Max Volume Flash Mascara. Exaggerate Lip Liner in Eastend Snob. Lasting Finish Kiss & Stay Gloss in Enduring Love. Hair: MoroccanOil Hydrating Styling Cream. Glimmer Shine Spray. Get Jennifer's sexy vibe with her latest fragrance. Blue Glow by JLO eau de toilette. See shopping guide, last pages, for details.

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party with  
the NEW

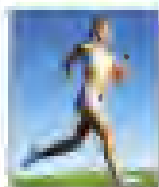
**NIVEA**

# GOOD-BYE CELLULITE, HELLO BIKINI! Challenge

Not feeling ready to go to the Bikini Bash in Vegas yet? Boost your bikini confidence and take the **NEW NIVEA Good-bye Cellulite, Hello Bikini Challenge!** The easy four-week program will whip you into shape in no time!

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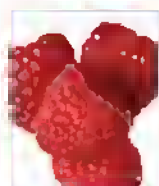
Nothing blasts fat and calories like a good workout—so sweat it out with a week-by-week workout that gets you on your way to being bikini-ready in no time!

### 2 STYLE



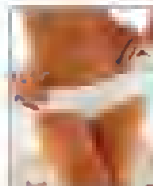
Finding the right suit for your body type can drastically boost your bikini bravado. Learn about insider style tips from Shay Tadd, swimsuit designer-to-the stars, on [shaytadd.com](http://shaytadd.com) and find the perfect swimsuit for your sizzling self

### 3 NUTRITION



Eating healthy foods benefits your whole body. Slim down with simple, tasty food modifications and you'll soon be ready to show off a better bikini bod!

### 4 SKINCARE



Concerned about unsightly cellulite? No need to hide under the beach towel this summer. With NIVEA Good-bye Cellulite products you can get sexy, smoother skin just in time for the season!

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Complement the Serum with the new & improved **NIVEA Good-bye Cellulite Gel-Cream** to give the appearance of cellulite a one-two punch!

Now get ready for Cosmo's  
**Bikini Bash in Vegas** by  
signing up for the Challenge  
on [NIVEAusa.com/bikini](http://NIVEAusa.com/bikini).



# May

## Body & Mind

- 127 **Capture the Moment**
- 128 **Yes, You Can Be Healthier This Month**
- 130 **Relax & Renew** Doze off to de-stress.
- 134 **5 Ways to End Your War With Food** Stop the obsession over your weight and body.
- 138 **How to Find Your Me Time** 18 ways to squeeze peace of mind into your day.

## Making It Work

- 151 **Moms Are So Plugged In!**
- 152 **What Works** Be your own success story. Plus, how to ask for work-at-home hours.
- 154 **Face Up to Your Financial Future** Beth Kobliner helps you put mind over money.
- 158 **Mom Life** Meet the math mom.
- 160 **Clearing the Air** REDBOOK hero Cherise Udell is helping Utah's kids breathe easier.
- 162 **Can Your Job Make You a Better Mom?** For this neurosurgery nurse, getting back to work was just the therapy she needed.
- 166 **Is There a War on American Moms?** The challenges of raising kids today.
- 170 **Letting Go of Henry, Little by Little** Alice Bradley, the Imperfectionist, shares her adventures in parenting.
- 174 **No, You Don't Have to Breast-feed** One woman takes a stand against the Breast Is Best philosophy.

## Living

- 184 **Pattern Play** Liven up your home with pretty, dynamic prints.
- 196 **Cook With Your Kids** Transform dinner prep into family time with these easy recipes.
- 208 **Hungry Girl's Fried-Food Makeovers**

## Downtime

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- 216 **Laughs**

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Turn dinner prep into family time.



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**SUBSCRIPTION QUESTIONS?**

Please go to [service.redbookmag.com](http://service.redbookmag.com) for all inquiries.

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Mix and match for a modern look.



FROM TOP: JOHN KERNICK, ERICK PIASECKI

Bedroom confessions, true mom moments, recipes, sweeps & more at [redbookmag.com](http://redbookmag.com).

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Hello



A little him-and-me time: Zack and I visited Disney last month. (I was there for work!)



# How women make it work

**M**ay is the month of mothers. At least here at REDBOOK it is. We take the event of Mother's Day and use it as a reason to create a whole issue about the magic, the love, and, yes, the challenges of being a mom. It's a hectic, wonderful, rewarding, satisfying, hair-pulling, one-of-a-kind job, and this issue is dedicated to all of you who are finding your way and learning every day how to be the best mother you can be.

The part of motherhood REDBOOK cares about most is the *you* inside it: the woman with dreams and goals of her very own to fulfill, alongside being a great mom. So we've packed this month's issue with stories that remind you to celebrate your style (see page 82), your relationship (see

page 93), your work (see page 162), and, the holy grail: some time alone with your own thoughts, so you can take care of *you* (see page 138)—because no matter how great a mom you are, you're always just a little better with the perspective and calm that a few minutes of me time can offer.

So kudos to you REDBOOK moms. Here's to our endless creativity and passion for making it all work, every day!

*Stacy*

Stacy Morrison, Editor-in-Chief  
redbooked@hearst.com  
facebook.com/SLM17

## Treat yourself (and protect the planet)!

REDBOOK has teamed with eBay to raise money for the Nature Conservancy by auctioning two unique NYC experiences. (Hint to your husband: Either would make a great Mother's Day gift!) Log on to ebay.com/30daysofgreen from April 28 through May 8 to bid on a cooking lesson and lunch in the REDBOOK kitchen with Food Network star and best-selling author Sandra Lee or a day of beauty (massage, hair, makeup, the works!) from Brad Johns Studio at Red Door Spas.



**red door spas**  
| Elizabeth Arden

CLOCKWISE FROM TOP LEFT: COURTESY OF SUBJECT; MELANIE DUNEAU; COURTESY OF SUBJECT

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Jim Fiscus *for* ESPN The Magazine

# **We surf the Internet. We swim in magazines.**

The Internet is exhilarating. Magazines are enveloping. The Internet grabs you. Magazines embrace you. The Internet is impulsive. Magazines are immersive. And both media are growing.

Barely noticed amidst the thunderous Internet clamor is the simple fact that magazine readership has risen over the past five years. Even in the age of the Internet, even among the groups one would assume are most singularly hooked on digital media, the appeal of magazines is growing.

Think of it this way: during the 12-year life of Google, magazine readership actually increased 11 percent.

What it proves, once again, is that a new medium doesn't necessarily displace an existing one. Just as movies didn't kill radio. Just as TV didn't kill movies. An established medium can continue to flourish so long as it continues to offer a unique experience. And, as reader loyalty and growth demonstrate, magazines do.

Which is why people aren't giving up swimming, just because they also enjoy surfing.



## NEW

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# REVLON

Redbook Etc.

**REDBOOK** on the Web

## Make over your May

Stuck in a style rut and longing for a new look? Want to transform your bedroom (or just shake things up between the sheets)? If you're ready for a change, we can help! Log on to [redbookmag.com](http://redbookmag.com) for makeover suggestions, inspiration, and simple step-by-step guides to turn your "Befores" into amazing "Afters."

### 12 fast mini-makeovers

A bold lipstick, a cool scarf, new shoes—we've got easy upgrade suggestions that will make your look pop. Dress up your everyday ensembles in no time with these instant fashion and beauty boosts. [redbookmag.com/minimakeovers](http://redbookmag.com/minimakeovers)

### 6 fashion dilemmas fixed!

Have trouble finding clothes that flatter you? Let designer Isaac Mizrahi show you how to step outside your fashion comfort zone to find pieces that make you look pretty and pulled-together—while still reflecting your personality. [redbookmag.com/fashionmakeovers](http://redbookmag.com/fashionmakeovers)

### Make over your sex life (in one week)

If things between the sheets have become a little less hot and a little more

bothered, take some tips from our Sex Rx. These prescriptions help cure common bedroom problems that every couple has (from too little nooky to same-old-sex sessions) and pump up the passion in only seven days. [redbookmag.com/sexlifemakeover](http://redbookmag.com/sexlifemakeover)

### Remake your bed

Is your bed a style snooze? Try a new headboard! These creative DIY ideas let you make a dramatic statement without hiring a decorator. [redbookmag.com/bedmakeovers](http://redbookmag.com/bedmakeovers)



**REDBOOK** transforms your look

## Create a virtually new you!

Wonder if you could pull off purple eyeshadow? Wish you could take the plunge and get a sassy bob? Dream of losing 10 pounds? Do it all instantly with our new Virtual Hair Salon and Virtual Body Makeover! Upload your photo, then play with beauty products, try on celeb hair styles, and see what you'd look like slimmer. Stop dreaming and start your makeover now at [redbookmag.com/hairsalon](http://redbookmag.com/hairsalon) and [redbookmag.com/body makeover](http://redbookmag.com/body makeover)



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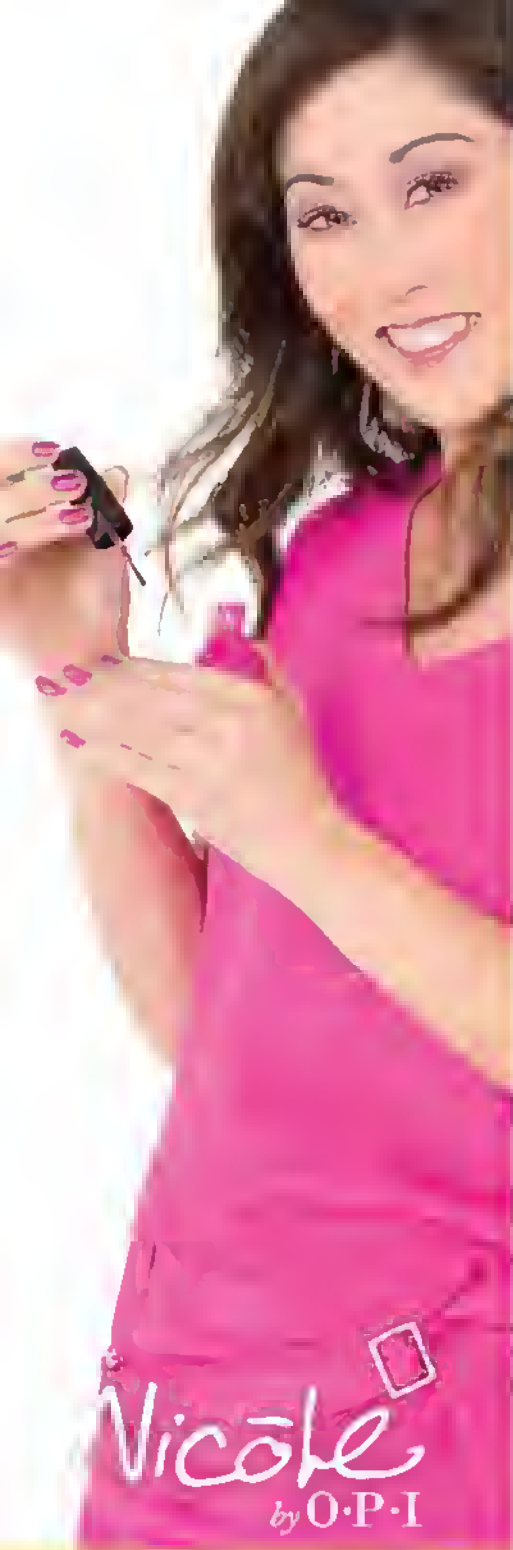
said it visibly helped  
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# REVLON®



# REDBOOK

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# UNGUILTY pleasures

Six ways to indulge yourself this month.

## 1 Chug beer, get strong

**ONE** hundred bottles of beer on the wall, one hundred opportunities to build bone density. Two beers a day (or light beers, for the calorie-counters!) provide 30 mg of dietary silicon, a key factor for bone growth, according to a study in the *Journal of the Science of Food and Agriculture*. The best brews: pale ales and malted barley brews, which contain higher silicon levels than the wheat varieties.

## 2 Shop with friends, spend less

**TWO** shoppers are better than one at jasmere.com, which combines high-end products in fashion, food, beauty, and home with social networking. Every day a new item goes on sale for about 60 percent off. As the day goes on, the more people who buy that item, the lower the price drops for everyone. How low can you and your friends get it to go?



## UNGUILTY *pleasures*

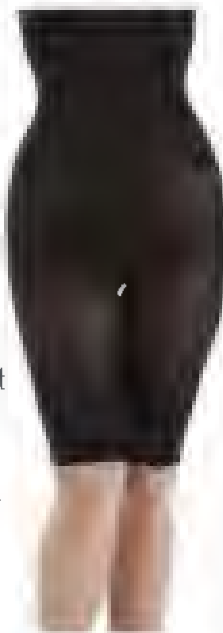


### Eat chocolate, prevent stroke

**THREE** studies that were reviewed for the annual meeting of the American Academy of Neurology lead researchers to believe that eating chocolate may have a protective effect against strokes. One serving a week could be all it takes—but we're hoping that several servings can protect you even more.

### 4 Don't exercise, lose weight

**FOUR** months past New Year's, are you sticking to that resolution to go to the gym? If not, consider Shatobu. Using hidden resistance bands, Shatobu shapewear—which sucks in your thighs and butt—helps you burn up to 12 percent more calories when going about your regular daily activities. So you'll look slimmer while you wear it—and be slimmer when you take it off. (\$50 to \$60, [shatobu.com](http://shatobu.com))



### Tune out, give back

**FIVE** dollars from every pair of Able Planet's pink plaid noise-canceling headphones sold will go to Susan G. Komen for the Cure. The \$100 headsets, at [ableplanet.com](http://ableplanet.com), block outside noise for crisper music. If you wear the headphones as you walk, run, or bike for breast cancer, you'll be doubly donating!



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# UNGUILTY pleasures



## Watch TV, learn new moves

**SIX** seasons of *So You Think You Can Dance* not enough? Season 7 of Fox's delightful dance-off debuts May 27 at 8 p.m. ET. Host Cat Deeley shepherds the new contestants through the competition as they attempt to fox-trot, hip-hop, tango, and krump their way into America's heart.



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Skin science that shows.



# “I don’t have to be only one thing”

Singer, actress, style icon, wife, and now mom, Jennifer Lopez has seen all her dreams come true. But that doesn’t mean she plans to slow down. Nope, she’s already on to the next bend in the road, ambition in overdrive, still in hot pursuit of all that her passions can bring her.

By Lori Berger

Photographed by Gilles Bensimon





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As she walks into the REDBOOK cover shoot, Jennifer Lopez is already hard at work. She's got her two favorite groupies in tow: her 2-year-old twins, Emme and Max. Looking sleek and comfy in black tights, boots, and a leather jacket—and more gorgeous than ever, even without a bit of makeup—Jennifer chases her dynamic duo around the photo studio and tries to cajole them into eating a nutritious breakfast. It's a can't-win situation.

Still, it's a pleasant surprise watching the 40-year-old world-famous star and style icon—who set tongues wagging right at the start of this year when she wore a curve-clinging, sequin-studded catsuit for a New Year's Eve performance—in her new role as Mom. She's cool, calm, and even giggly as her irrepressible toddlers, who are by her side these days everywhere from movie sets to the recording studio, repeatedly test her patience: They can have one piece of candy, but only one and she means it. Motherhood and a multifaceted career make for a balancing act that Jennifer's not afraid to admit she'll probably never completely figure out. But her balance is getting steadier every day, and the guidance and practiced parenting skills of her husband, singer Marc Anthony, are a big part of what helps her keep everything from going completely haywire.

Now, as the superstar gets ready to hit the ground running with the April release of *The Back-up Plan*, her first film in three years; a guest-starring role on *Glee*; followed by the summer release of her new CD, *Love?*, and a possible tour, it seems that mommyhood has transformed

her. This time in her life, she says, is as much about the journey as the results. "Marc and I talk about this all the time," she admits. "He's always checking in with me. He's like, 'Are you happy here? Are you happy working so hard?' And I am. I love having the kids running around; that's my real life. Of course I want success and for things to go well and for people to enjoy what I do, but more important, I want to be able to enjoy my kids and my work every step of the way." Mom may be her most fulfilling role to date—but don't think for a minute that Jennifer's given up the spotlight for the sandbox.

### **How has being a mom changed you?**

I can't help but be a different person now that I've had kids. That really does change your whole perspective on life for the better. I definitely feel like I've grown up. So, I guess in a way parts of me are going to be different, but in general I'm still the same girl from the Bronx who had big dreams.

### **Why was *The Back-up Plan* the first film you decided to do after you had the twins?**

The first time I read it, I loved it. I realized that Kate Angelo, who wrote it, had just gone through pregnancy as well, so we had a similar way of looking at the script. I loved my character's voice; the script was funny, edgy, touching, and timely. Plus, I have always been a big fan of romantic comedies. I mean, I love seeing the Oscar films and epic dramas. But I'd rather watch a romantic comedy than any other kind of movie. There's something about movies like these that make you feel so good and happy and that you want to live in that world—to be that girl and be part of the fairy tale. I have always believed in fairy tales.

### **What are your favorite romantic comedies?**

I have a couple: I've always loved *When Harry Met Sally*, because it really shows men and women and how they are when it comes to relationships. I also love *Prelude to a Kiss*, because it's about someone being in love with not the shell of the woman but her soul, and that's what I always wanted—someone to love me for my soul, for me as I really am. ▶

**"I can't help but be a different person now that I've had kids. They change your whole perspective."**



#### How did you know Marc was "the one"?

I think you can love many different people, but that's different from what makes a great partner in life, which Marc is for me. When you love somebody so much that you're willing to work to be a better person, and that other person is willing to do the same for you, that's when you have magic in a bottle. And that's not easy to find.

#### How does he inspire you?

He inspires me to be better at everything—a better person, mom, singer, performer, friend, and wife. A marriage is long, and you've got to like the person as much as you love or lust after them. You've got to be friends first.

#### As a couple, are you more similar than not?

We are very similar. He's a very passionate person, and so am I. He has his own world around him, as do I. We're both very opinionated about our work, and we are both very strong people. There are times when that is the best, most amazing thing in the world, and then times when that also makes things difficult. Here's the thing with relationships that nobody tells you: You're not going to find one person where everything is always going to be perfect—that's bull. You have to work at a relationship, and you have to agree to disagree. You have to find someone who is willing to work out the kinks with you and you with them. Communication is everything; it's the *only* thing. If your communication game is strong, you can get through the tough stuff. But if it's not, the slightest thing can bring the relationship down.



**Far left:** The whole family was on hand to support Marc during a Valentine's Day performance last year in New York City.

**Left:** Marc and Jennifer sneak in some together time at the 2010 Super Bowl.

#### Are you and Marc into date night yet?

Ha. Not yet, but we're lucky because we get to travel and work together a lot. Sometimes we get the chance to travel by ourselves for like two days, and we'll get that great time to spend with each other and talk and be together in a way that you can't be when the kids are always there. We both know how important that is.

#### What's a typical night at home with Marc and the kids like?

It's awesome—these are the favorite moments of my life because it's all about family time and that sense of belonging and togetherness. We play games and hang out with the kids, eat dinner together, put them in their pajamas, and put them to bed. Then we have a little time to ourselves.

#### How have your priorities changed since you've become a mom?

My main priority now is that my kids are happy; that's my number-one focus in life. Are these little people happy, content, and getting everything they need? Everything after that is secondary. Before, my work was my main priority—even above myself.

#### What's been the biggest surprise about being a mom—something you didn't anticipate?

Guilt. I didn't know that feeling before. You don't know about it because nobody ever tells you. I think it's because women are a little ashamed to admit it. You feel guilty whenever you can't have your kids right there with you on your hip. And for me there's two, so it's bad back and bad arm time having a 50-pound kid on each side. I never expected to feel the guilt of not being able to be there for them at every single moment. ►

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### **How do you reconcile that guilt?**

I'm not different from any other mom who feels the need to go out there and work to provide the best for their kids. I ask myself, *What would make me the best mom to my kids?* And that's being a happy, healthy individual who has a sense of fulfillment and can give them everything they need. But that takes a lot of work.

### **Tell me a little bit about what the mommy learning curve has been like for you.**

When I first had the babies, I didn't even know how to put a diaper on! Luckily, Mare already had children and he was really good at all that stuff. We had a nurse for the first six weeks while I was recuperating, but I mean I was almost afraid to touch them because I might hurt them, because they were only five pounds each.

### **Juggling one toddler can be a challenge; how do you handle two?**

[Laughs] I'm still figuring it out, but I try to cart them along with me wherever I go and spend as much time with them as possible, even when I'm working. Usually

do—it doesn't matter. This is what unconditional love means. It's crazy, but it's heaven and earth.

### **You turned 40 last year. Were you at all traumatized by that?**

It's funny because it really wasn't a landmark birthday for me. I remember when I was 33 or 34, it was devastating because I realized I wasn't a kid anymore. The great thing about 40 was that I really felt like I had life experience and knew what I was doing now. In fact, 40 turned out to be an empowered place for me, because I also realized how much I *didn't* know when I was 20 or even 30.

### **So you don't see 40 as some sort of peak as an artist or woman?**

No way. I seriously feel like the best days are ahead, and I like the idea of getting to do everything I did before but with more knowledge, experience, and street smarts. There's a certain love, appreciation, and gratitude that you have at 40 that you don't have when you're younger, and it makes every accomplishment feel so much better.

There's no way in the world that just because women turn the number 40, they're anything less than amazing. That's crazy. If anything, you're even more amazing!

### **What advice do you have for women who have sunk into the doldrums and let that inner spark burn low?**

You've gotta do things that make you happy. As women, we tend to give away a lot. We take care of a lot of people, and we can't forget to take care of ourselves. If that means once a week you're going to go off without the kids or without anybody and just go shoe shopping—well, that's me, because I love shoes—or get a facial even if your sister thinks that's selfish, or join a Zumba class, or take a painting class, or whatever, you've just got to do it. It's just two hours a week, for heaven's sake.

### **What do you do for yourself when you need that getaway moment?**

I love a long bath. I love anything creative. I love decorating. I even love just flipping through magazines and vegging out for a while. But I'm also one of those people who loves to work, so I'll sing, dance, work on my next performance, or write whomever it may be about a new idea. Those kinds of things fulfill my soul and keep the spark alive. Women have to do things that spark their souls so they feel young, vibrant, sexy, and full of life. You should never lose that part of yourself. ►

“I feel like the best days are ahead, and I like the idea of getting to do everything I did before but with more knowledge and experience.”

if I know there is no danger on a set or in a studio, I can set up a little play area for them where they can run around and hopefully no one will mind.

### **How do you plan to deal with the fame issue once Max and Emme are old enough to be aware of it?**

I think by the standards of this business, Mare and I live a pretty normal life, except for all the traveling. We're together a lot. We wake up as a family together, we have meals together, we put them to bed together most nights. We might even get to spend more time with them than most working parents because we don't work normal working hours and we have the luxury of taking them with us. Sometimes we're home all day and don't even go to work until after they are in bed at night.

### **What's the greatest lesson you've learned so far from your kids?**

I think the biggest thing they've taught me is what loving someone is and what it should feel like. It's like, *Wow, how much do I love these children?* No matter what they

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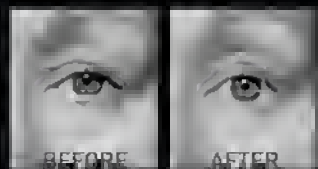
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Jennifer and  
costar Alex  
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the film *The  
Back-up Plan*.



**You've topped every "sexiest woman alive" list more times than I can remember. Do you still feel that way?**

Sometimes when I get home and I'm not feeling so great, I make myself go to the gym. Then I come home and take a shower, put on a great outfit, some make-up, tie my hair up, and I feel pepped up and great about myself. I think that for some reason, when you maintain yourself, people are really surprised. It's inspiring for women who have kids and take care of themselves to be sexy.

**Do you want to be that kind of role model for women?**

[Laughs] I want to be that for myself!

**Was it your dreams or your talent that drove your success?**

Hmm... I always knew what I wanted to do. When I first started acting and singing, I just thought about being the best I could be. I always wanted to be great at what I did—that's what drove me. My race has never been with anyone else, it's been with myself. If I got rejected, I wouldn't take it personally. I was like, Make them a fan and they'll bring you back in for something else. I never thought about money or fame, and I never really thought that would happen to me. All that was just a by-product.

**Do you consider yourself to be a fearless person?**

No, I'm not always fearless. I'm usually a little bit afraid, but I don't ever let that

take over. I think when there is a sense of fear, it motivates me. Usually I'm able to tell myself, "Screw it, I'm just going to do this." And then that's it, I've done it, and if it was 100 percent a success, that's great, and if not, that's okay too because I still did it. I don't do regrets. But I am a perfectionist, so I'm always re-evaluating and re-analyzing so I can make whatever it was better for the next time.

**How have your children changed you as an artist?**

You can't help but be more thoughtful and more aware after you have kids. I think they've made me feel things in a deeper way and that's enhanced my work. My job deals with feelings, emotions, and expressing them, so I think my kids have actually helped me be better at what I do. I feel more confident when I'm working than I ever did before because you have that deeper understanding of life, and that introspection really helps me be better as a writer, singer, actor, whatever. They've made me feel things in a deeper and more profound way than I ever did before.

**Of all your talents and successes, what do you most want to be remembered for?**

I want to be remembered as a symbol that you can accomplish whatever you want and that you don't have to be just one thing. You don't have to be labeled. Life is there to be eaten up by you—it's your choice. **R**

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# Style Scoop

Irresistible ideas for  
looking your best

## It's time to shine

◆ Hair, nails, lips, and lashes are all upping their luster right now. "Shine is synonymous with a healthy glow," says hair stylist, makeup artist, and New York City salon owner Eva Scrivo. Here, a few innovations that'll have you beaming: **Wella Color Touch Relights**, a five-minute salon service, refreshes dulling highlights and smooths your hair's cuticle layer so light bounces off your silky strands; **Sally Hansen Nail Shine Miracle**, \$8, a top coat, fuses with your nail color to make nails look freshly polished for up to 10 days; **Laura Geller Lash Varnish**, \$20, is a mascara with a glistening finish and a sheer blue tint to make eyes look whiter and brighter; **Lorac Multiplex 3-D Lip Gloss**, \$22, has holographic pigments that make lips gleam without feeling goopy.

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## Get the gift of grace

See the world through rose-tinted... makeup: Philosophy gets girly with the Color of Grace collection, including the Art of Blushing palette, \$35, and the Go with Grace Face Brush, \$20.

## Check this out

Nivea Touch of Water Lily Hydrating Shower Gel, \$6, might be pretty and pink, but it also packs a powerful moisturizing punch.

## Cream the competition

...with this month's MVP

Somewhere between a treatment, a lipstick, and a gloss is Lancôme L'Absolu Crème de Brilliance Visibly Replenishing and Reshaping Lip Cream, \$29. From top: Berry Noir, Amande Sucree, Cherrywood Luxe, Rose Mythique, Sienna Ultime, Champagne, Exotic Orchid, and Blush Classique.

# Beauty List

The one to-do list you'll want to do.

## Show some pluck

Benefit and Tweezerman have teamed up to create an adorable line of tweezers. With the Tweezerman for Benefit Pointed Slant Tweezer, \$30 (yellow), and Slant Tweezer, \$25 (pink), you get the fun and lighthearted look of Benefit paired with the serious precision we expect from Tweezerman.



## Adjust your eyes

Cream liners and shadows can be a slippery bunch—sometimes they just won't stay put. But Tarte EmphasEyes Waterproof Clay Shadow/Liner Pots, \$22 (brush included), are made with plant waxes and Amazonian white clay that reduce excess oil on lids, so you can get creamy color that stays the course. Clockwise from top: black, indigo, bronze, brown, plum.

TWEEZERMAN for benefit

TWEEZERMAN for benefit





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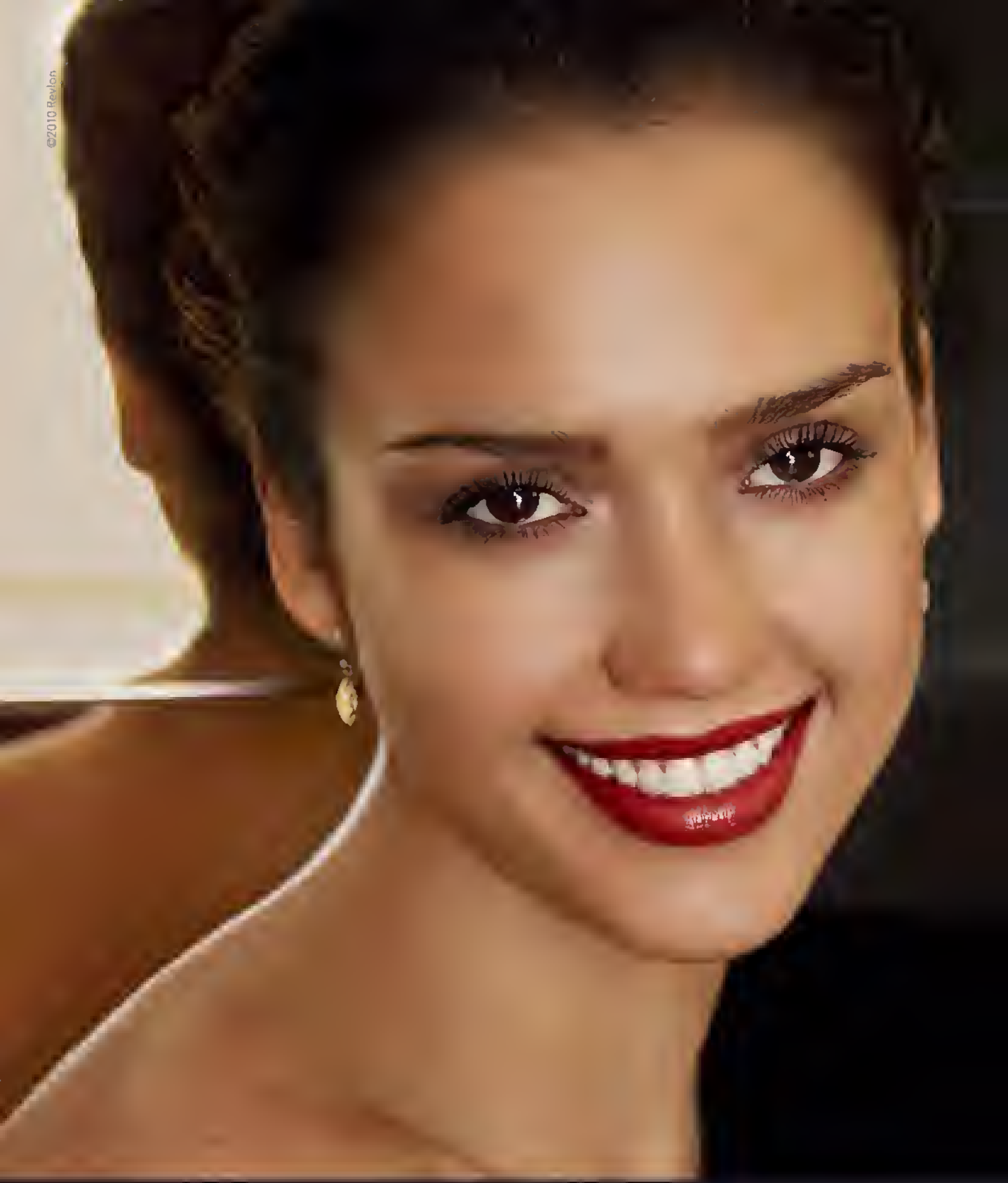
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CHERYL (AND FRIENDS!) CHECK IT OUT:

# Post-baby body treatments

REDBOOK's beauty director and her new-mom friends  
try to get their pre-preggo bodies back.



## BODY BUMMER: STRETCH MARKS

Kim (with Elizabeth, 10 months)

"I've never really been too obsessed with my stretch marks, which are mostly from my first pregnancy. I've always assumed that most products out there wouldn't really work, but Mederma's claim that its **Stretch Marks Therapy**, \$40, would improve the appearance of stretch marks—not make them disappear—seemed realistic. I used the cream (which smells great, by the way) twice a day for 12 weeks and definitely saw improvement: It reduced the redness of the marks and made my skin smoother, plumping up the marks to even them out with the rest of my skin. The funny thing is that even though the cream worked, thinking about my stretch marks every day, twice a day, has made me more bothered by them than before."

## BODY BUMMER: DEFLATED BOOBS

Melanie (with Connor, 9 months)

"During pregnancy and nursing, my breasts were not my own. And when I stopped nursing, I wasn't sure I wanted them back: My skin was crepey and my chest looked deflated. I tried **Mama Mio Bootcamp for Boobs**, \$85, a 30-day system of skin care (serum and firming cream) and instructions for two fast, simple exercises that target pecs, triceps, and biceps every day. (One of the exercises is push-ups, which I confess I did not do. At all.) Applying the lotions helped me reconnect to that part of my body, and made my chest look smooth, even-toned, and—dare I say, perkier?"

## BODY BUMMER: BELLY POOCH

Cheryl (with Jacob and Benjamin, 9 months)

"Since delivering my twin boys, my lower belly sticks waaay out, then drops off sharply at my C-section scar. (So hot, I know.) I went to Deva Spa in NYC to try out the **Phytomer Sculpting Body Treatment Slimming Wrap and Massage**, from \$90 to \$120, by location. I had five sessions over three weeks and used the Phytomer sculpting products at home. The treatment was wonderful: The therapist applied thermal clay from my waist down, then she'd wrap me in foil and I'd get a divine head, neck, and shoulder rub as the clay heated and bubbled. I'd rinse off and get a contouring massage on my stomach and lower body. While my skin felt amazing, I can't say I saw much of a difference in my belly pooch, but I'd pay any price for that divine hour of me time!"

## BODY BUMMER: VEINS

Julia (with Brayden, 2 years)

"When I told my friends I was undergoing treatment for the veins on my legs, their reaction was: 'What veins?' It was then I realized how good I'd become at disguising them—few people had actually seen the road maps of insecurity that covered my legs. I visited the Vein Treatment Center in New York City, where director Luis Navarro, M.D., did a combination of **sclerotherapy [injections of saline into the veins]** and **laser-assisted sclerotherapy**, which was much less painful than I'd anticipated. While the process took longer than I expected—four treatments plus multiple touch-ups, for a total of \$2,500—the results have been life-changing. I'm excited to show off my like-new legs this summer!"



Tantalizing softness

New Caress® Whipped Soufflé™ Body Wash makes your skin soufflé-soft with its unique Silky Fragrance Infusion™, a blend of hydrating moisturizers whipped with Blackberry or White Peach Cream. It will tantalize the senses like no other.

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# The summer skin-care switch

Think back to last summer: the beach days, the picnics... the sunburns, the breakouts. Before the blazing sun and high humidity wreak havoc on your skin this year, make some smart changes to your skin-care routine. Here, **David E. Bank, M.D.**, a dermatologist in Mount Kisco, NY, revamps the skin-care routines of three REDBOOK readers—so they'll be sitting pretty all summer long.



## SKIN TYPE:

## Combination

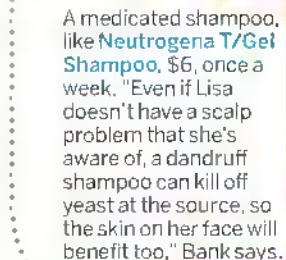
**Lisa**, 37, finds that though she does get oily, she's also quite dry in the winter, so she's been using a line of very rich products. What Bank sees is a likely case of seborrheic dermatitis—a very common condition (we're talking 40 percent of the population!) caused by an overgrowth of yeast on the scalp. The yeast migrates down to the face, making skin both greasy and flaky; it also causes dandruff. "It's a vicious cycle," Bank says: Lisa feels dry, so she uses a heavy cream on her face, which is actually making the condition worse. Here's Lisa's new lineup:



An oil-free moisturizer with sunblock for every day, like **Aveeno Ultra-Calming Daily Moisturizer SPF 30**, \$15.

A sulfur-containing blemish treatment that is both antibacterial and antiyeast, such as **Dr. Dennis Gross Skincare Trifix Acne Clearing Lotion**, \$35.

A once-a-week oil-absorbing mask, like the clay-based **Queen Helene Mint Julep Masque**, \$3.50. Lisa already had in her regimen. "When skin is feeling oily in the summer, this is a good quick fix," Bank says.



A medicated shampoo, like **Neutrogena T/Gel Shampoo**, \$6, once a week. "Even if Lisa doesn't have a scalp problem that she's aware of, a dandruff shampoo can kill off yeast at the source, so the skin on her face will benefit too," Bank says.

An oil-free moisturizer with hyaluronic acid, which keeps skin hydrated, or retinol, an antiaging/anti-acne ingredient. One with both: **Vichy Liftactiv Retinol HA Night**, \$42.



A cleanser that's gentle but still gives skin a "clean" feeling, such as **Therapy Systems Calm and Clearing Facial Wash with Sea Extracts**, \$28.

for skin so tight, so toned,  
it defies gravity.



Sarah Jessica Parker

NEW

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**Ultra-Lift Pro™**  
Gravity Defying Cream

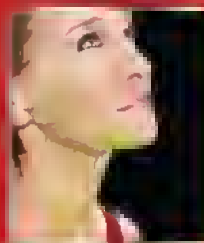


[WITH SKIN LIFTING NUTRIENTS]



CLINICALLY PROVEN\*

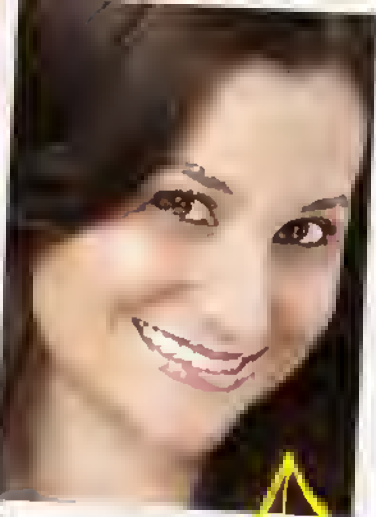
RESCULPTS CHEEKS, JAWLINE AND NECK



LOOK UP TO 5 YEARS YOUNGER  
IN JUST WEEKS\*\*

Take care.  
**GARNIER**  
[www.garnier.com](http://www.garnier.com)

A fragrance-free, gentle cleanser, such as **Dove Sensitive Skin Unscented Beauty Bar**, \$3 for two. (It's what Melissa was using already, so clearly she knows more than she thought she did!)



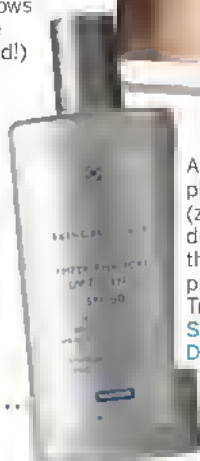
## SKIN TYPE: Dry and sensitive

**Melissa**, 30, is admittedly clueless about skin care. "I just use whatever's around," she says. "Free stuff from my grandmother, body lotion on my face." So for Melissa, Bank wanted to keep the regimen short and simple. "For sensitive skin, look for products that have the fewest number of ingredients, particularly fragrance; the more that's in there, the more the skin has to react to." Melissa's warm-weather plan, at left.

A fragrance-free evening moisturizer with antioxidants, like **Lumene Sensitive Touch Comforting Night Cream**, \$18.



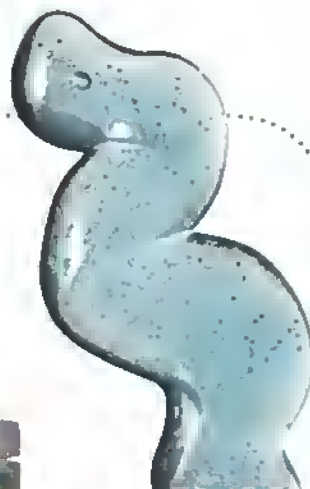
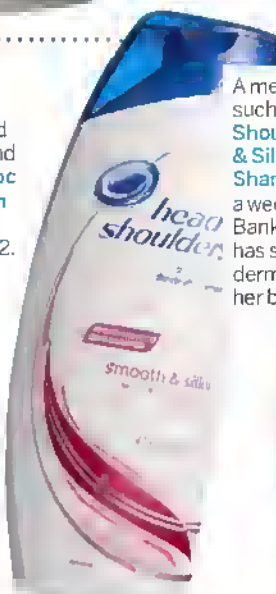
A sunscreen with physical blockers (zinc oxide, titanium dioxide) rather than chemical sun-protecting ingredients. Try **SkinCeuticals Sheer Physical UV Defense SPF 50**, \$30.



An oil-free retinoid cream for acne and dark spots, like **Roc Retinol Correxion Deep Wrinkle Night Cream**, \$22.



A medicated shampoo, such as **Head & Shoulders Smooth & Silky Dandruff Shampoo**, \$5, once a week. As with Lisa, Bank suspects Nicole has seborrheic dermatitis, because of her body breakouts.



An oil-free face wash, like **Bliss Fabulous Foaming Face Wash**, \$22, with exfoliating beads. "Nicole should avoid exfoliating with salicylic acid, a common antiacne ingredient," says Bank. "It can make black skin look ashy."



A spot treatment with hydroquinone, a skin-bleaching ingredient, like **Palmer's Skin Success Eventone Fade Cream For Oily Skin**, \$7.

A pore-purger, to keep blackheads at bay, such as **Bioré Deep Cleansing Pore Strips**, \$8.



An oil-free, glycolic acid moisturizer with sunscreen, like **Skin Effects by Dr. Jeffrey Dover Glycolic Day Cream SPF 30**, \$17. "A high SPF will give Nicole's dark spots a chance to fade," Bank says.



## SKIN TYPE:

## Oily and acne-prone

**Nicole**, 30, frets about the dark spots on her face and body—and the pimples that have caused them. She's been using a very basic, bland regimen that Bank would like to step up for summer: "Sweat will make Nicole more breakout-prone, so it's better to be proactive against acne rather than neutral." The most important thing for her: oil-free formulas, whenever possible. Nicole's revised routine:



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Jaclyn Smith in her home studio, photographed by Matthew Rolston, Beverly Hills, February 2010.

[kmart.com/jaclynsmith](http://kmart.com/jaclynsmith)



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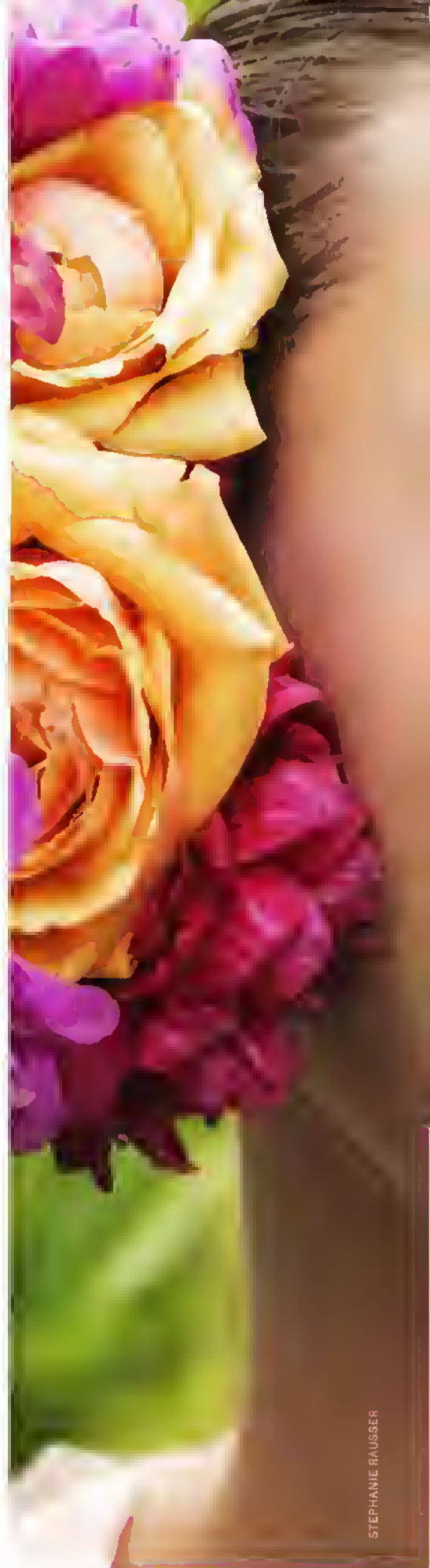




# Beauty that makes SENSE

Beauty isn't just about looks—it's a fiesta for *all* the senses, from delightful scents and yummy tastes to cool textures and exciting sounds. So for our seventh annual beauty awards, we're celebrating the senses by highlighting the best new products that appeal to taste, sight, touch, smell, and hearing.

By Cheryl Kramer Kaye and Krista Bennett DeMaio  
Stills photographed by Roger Cabello



STEPHANIE RAUSSER



# TASTE



**1 Hard Candy Outrageously Delicious Flavored Body Powders, \$8**

Dust these shimmery, sugary powders on your shoulders, décolletage, legs—just about anywhere—and your guy will devour you like a doughnut.

**2 DuWop Icedteas, \$19**

When a roomful of editors squealed with delight over these sweet lip balms, we knew we had a clear winner. The translucent bullets come in yummy flavors like Passion Fruit and White Peach.

**3 Votre Vu Snapdragon, \$23 for a 2-pack, \$39 for a 4-pack**

We love not only the fruity flavor of this antioxidant-filled beauty beverage (it's the perfect mixer for champagne or vodka) but also its honest claim that it *may* improve your looks. Hey, every little bit helps!

**4 Bloom Aromatherapy Lip Balm, \$10**

We can't resist a fruit smoothie, which is why we're addicted to these fruit-flavored, pout-smoothing lip balms (shown here in Lime). Each tastes—and smells—like the real deal.

**5 Maybelline Shine Sensational Lip Gloss, \$6**

Satisfy any candy craving with this line of 18 tasty glosses. Each sheer shade has its own flavor, like Glamorous Guava or Crazy for Caramel.

# SIGHT

## 1 Sally Hansen Complete Salon Manicure, \$7

The curvy bottle design was inspired by an upscale fragrance, but it's the 42 shades that have our colleagues inspired to steal these nail polishes off our desks. (Shown: I Pink I Can.)

## 2 Guerlain Rouge G de Guerlain Le Brillant, \$46

This lipstick has serious Bond-girl appeal. The platinum case slides open to reveal a creamy shade made with crushed ruby powder while, simultaneously, a small mirror pops up on top. We die (another day).

## 3 Addicted to Dior Luggage Tag, \$60

A luggage tag with a Paris address? We'll gladly attach it to our carry-on. But when it's an engraved, silver-tone charm that holds two glosses, we'll also stick one in our bag, thank you.

## 4 Physician's Formula Shimmer Strips Custom Eye Enhancing Gel Cream Liners, \$11

We suspect Van Morrison would have serenaded not just his brown-eyed girl but also the hazel, green, and blue gals out there too, if he'd seen these stackable liners customized into three shades for every eye color. The combinations make our eyes sing ("sha la la la la la la la la la ti da").

## 5 Tarte Natural Gel Lip Stains, \$24

The crayons of our childhood weren't nearly as fun as these Crayola-like lip stains. The bright and glossy sticks (six shades in all) have a cushy gel formula that looks as pretty on your lips as it does in the packaging.

## 6 Giorgio Armani Rouge d'Armani, \$30

It's the LBD of lipsticks: It looks sleek and chic and always wears well. And this one's designer, too. Each of the creamy bullets are embossed with the Armani logo.

## 7 Halston Woman Eau de Parfum Spray, \$100 for 3.4 oz

Those of us whose moms wore the original Halston fragrance remember its iconic Elsa Peretti bottle and earthy, green scent. This new Halston has the familiar sculptural shape but is updated with a bold silver finish and a sexy, soft, floral-oriental scent.

## 8 Michael Kors Very Hollywood Eau de Parfum Spray, \$85 for 3.4 oz

The bottle exudes Old Hollywood glamour with what look like rows of Art Deco diamonds cut into the glass. The scent has a similar retro-chic sophistication, with notes of mandarin, iced bergamot, wet jasmine, and ylang-ylang.

## 9 Revlon Luxurious Color Perle Eye Shadows, \$5

We consider these black tie for the eye: pin-striped, shimmering shadows in sophisticated shades that look all dressed up and ready to go.

## 10 Urban Rituelle Creamy Vegetable Soap In Peach Blossom, \$6

This cutesy soap, scented with peach, honey, and sweet pea, looks so pretty and chic, we almost hate to use it.





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...IT TRANSFORMS FRIZZ BY REPAIRING IT, RESTORING HAIR'S NATURAL  
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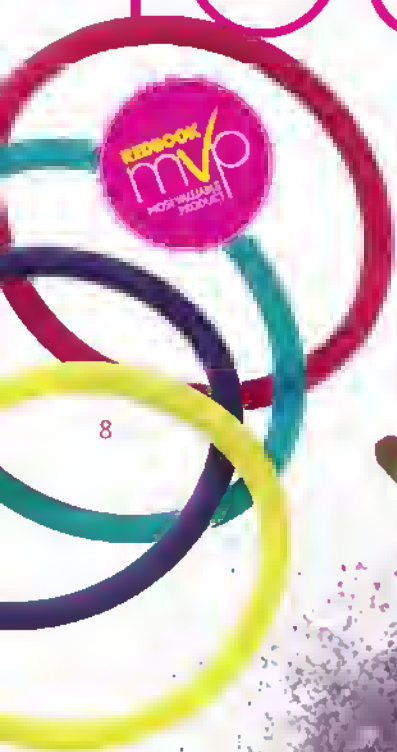
**JOHN FRIEDA.**  
LONDON PARIS NEW YORK

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\* Frizz-Ease® Shampoo, Conditioner, and Frizz-Ease® Hair Serum

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# TOUCH

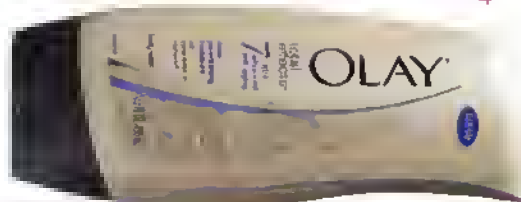


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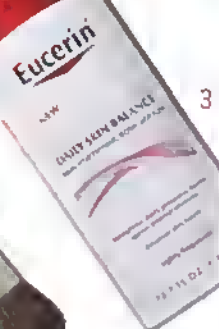


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## 1 Redken Velvet Gelatine 07 Cushioning Blow-Dry Gel, \$17

This jelly-textured styler liquified when it touched our hair. And after a blow-dry, it left our strands bouncy and shiny. Now there's always room in our beauty routine for gelatine!

## 2 Boots Hawaiian Islands Body Butter, \$10

It's not surprising that Boots named this collection for the popular honeymoon destination Hawaii. As soon as we touched these spongy-textured, moisturizing butters that melt right into skin, we were in love. (Shown here in Pomegranate and Avocado.)

## 3 Eucerin Daily Skin Balance Skin-Fortifying Body Lotion, \$10

Eucerin, known for its heavy-duty skin-healing formulas, has gone soft—with an everyday lotion that offers lightweight hydration. But it you're looking for the serious stuff, it's also designed to balance your skin's pH, protecting it from environmental aggressors.

## 4 Olay Total Effects 7-in-1 Advanced Anti-Aging Body Wash, \$8

*Ooh, smoochy*, we thought as we piled this rich body wash onto our skin. *Oh, soft*, we thought when we touched our skin after the shower. *Wow, smooth*, we thought as we noticed the antiaging benefits after using it for a month.

## 5 L'Oréal Paris True Match Roller Perfecting Roll-On Makeup, \$15

If you've ever painted a wall, you know that the paint goes on much more smoothly and evenly when applied with a roller rather than with a brush. Same goes for foundation: This mini-roller applicator glides over your skin for a seamless finish and looks entirely natural—not painted on.

## 6 Garnier Nutritioniste Skin Renew the Brusher Gel Cleanser, \$8

Why should hair and teeth have all the fun? Now you can brush your face clean too: Garnier's cleanser with a built-in brush deep-cleans and brushes away debris for a totally clean feel.

## 7 Mally Beauty Liquid Light Eyecolor, \$35

Like magic, this eyeshadow starts off as a powder, transforms into a cool liquid, then morphs back into a sheer powder that stays put on your lids. (Shown here in Plum.)

## 8 Scunci No-Slip Grip Evolution, \$3 for 14

Simultaneously strong and curiously soft to the touch, these springy elastics will firmly hold your hairstyle but gently let go of your hair when you're ready to let it down.

## 9 Philip B. Botanicals Russian Amber Imperial Shampoo, \$140 for 1.8 oz

We've dubbed this our special-occasion shampoo, because the very act of cleansing our hair with the rich, thick, honeylake formula feels like a luxury moment.

LOOK INSTANTLY YOUNGER

**NEW**

**smart shade™ anti-aging makeup**

This breakthrough foundation matches your skin tone  
AND fights signs of aging.

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You can too.**

Hypoallergenic and dermatologist tested.

To get Elaine Mallencamp's look try ALMAY smart shade™ anti-aging in light/med

**ALMAY**



# SMELL



## 1 Dove Go Fresh Revive Beauty Body Wash with NutriumMoisture, \$7

Dove knows how to do moisture, and it turns out it also does a bang-up job with fragrance. The new Revive Body Wash is scented with fresh pomegranate and zesty lemon verbena. We're almost sad to see it wash away.

## 2 Nouveau Paris Just a Few Notes Soy Candle Set, \$48

You know how some things just smell expensive? Yeah, these fit the bill. But if you think about it, the four candles, each with a different fragrance, are only \$12 each—an affordable luxury. Plus they're meant to be mixed and matched, so you're really getting 24 different aroma options.

## 3 TreSemmé Fresh Start Refreshing Mist, \$5

Like Febreze for your hair, this spritz instantly neutralizes stinky odors and leaves behind a clean, citrus-y scent—perfect for post-restaurant smelly strands. (Where was this product 10 years ago, when people were still smoking in bars?)

## 4 John Frieda Root Awakening Strength Restoring Smoothing Lotion, \$6.50

Hey! Hi, hair! I'm eucalyptus, here with my friend peppermint, and we're here to Get! You! Strong! Yup, the scent of this hair smoother, which nourishes hair at the scalp, will perk you up like having a cheerleading squad behind you while you style.

## 5 Farmhouse Fresh Whoopie Crème, \$30

One whiff of this vanilla, cake-batter-scented whipped cream and you'll want to dig in with a spoon. But if you think it smells delicious in the jar, wait until you slather the rich cream, made with shea and cocoa butters, onto your skin. Scrumptious!

## 6 Annick Goutal Ninfeo Mio, \$80 for 1.7 oz

This scent had a very poetic beginning: The lively citrus and woody notes were discovered just lingering in the air in the Gardens of Ninfa, near Rome. Because we don't have an Italian vacation in our immediate future, we'll gladly settle for the beautiful, bottled version. ▶

# LIFTED OR GIFTED?

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WE'VE GOT  
YOU.

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RealSexy® Double Delight® bra.  
Comfortably priced at  
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# SMELL (CONT'D)

10



7



## 7 Jo Malone Vitamin E Body Balm, \$75

We've always had trouble taking our vitamins—until now. We can't get enough of this antioxidant-rich cream and its subtle, sweet scent.

## 8 Mariah Carey Forever Eau de Parfum, \$55 for 1.7 oz

This fragrance is much how we imagine Mariah herself—glam on the outside, soft and sweet on the inside—with its romantic notes of neroli, lotus blossom, gardenia, and white musk.

## 9 Aveeno Positively Nourishing Energizing Body Wash, \$6

This is one of those delicious products that you have to keep reminding yourself not to eat: The notes of lemongrass, grapefruit, and rosemary smell like an in-shower sorbet.

## 10 Palmer's Cocoa Butter Formula Moisture-Rich Shampoo and Restoring Conditioner, \$6 each

This minty-cocoa combination will leave your scalp soothed, your hair soft, and your chocolate cravings quelled... for the moment.

## 1 By Lauren Luke My Sultry Blues, \$33

Don't let the everywoman style and the working-class British accent fool you: Lauren Luke is a pro! She chatters charmingly through her YouTube video, expertly applying the contents of her smoky blue palette and teaching her many followers along the way. Count us among them!

## 2 KMS California HairStay Style Boost, \$18

This product reminds us of the Pop Rocks Candy of our youth: The cold foam crackles and pops. But the delightful sound is not just for show; the product primes hair for the styling products that come next.

## 3 Dr. Brandt iPhone/iTouch App, free on iTunes

Better skin with the touch of a button? There's an app for that. This iPhone application offers skin analyses, tips, and our favorite feature: the UV index finder, so you'll know how high an SPF to apply before leaving the house. Now *that's* a smart phone.

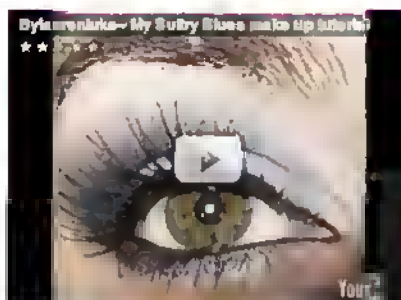
## 4 MAC Artists in Action, free on maccosmetics.com

The experts at MAC Cosmetics have created an online video series with instructions that make even the toughest makeup feats—like applying false lashes—easy to do. Click on Artistry, then Artists in Action to find this treasure trove of how-to's.

## 5 Stila Makeup Player, \$70 for the kit, then \$31 every 60 days

Here's where the boom box meets the beauty buff. This makeup kit has a hookup for your MP3 video player or smart phone so you can download how-to videos from stilabeautytube.com and apply along with the lesson. Every other month, Stila will send you new makeup to go along with the newly posted videos.

# HEARING



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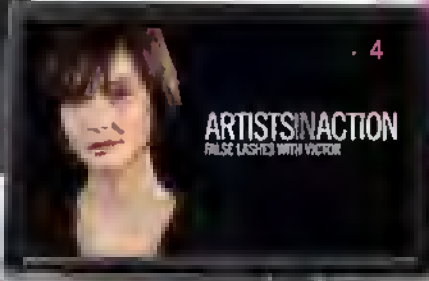
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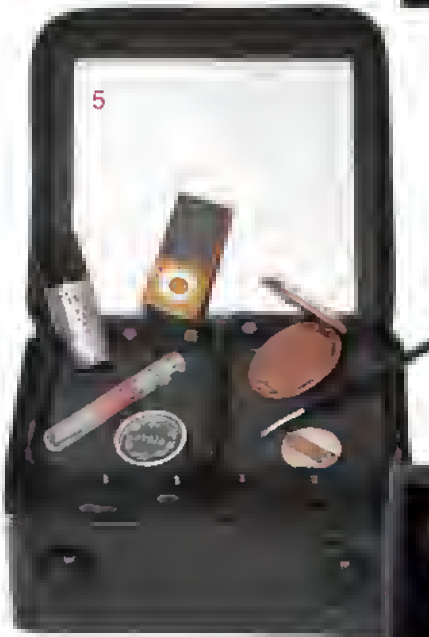
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Scoop

# Lust for less

Get the style you crave with cash to spare: These silky pieces only look like a million bucks.

Floaty and feminine, these two key pieces capture spring's romantic flair. Organic drawstring jacket, H&M The Garden Collection, \$50; [hm.com](http://hm.com) for store locations. Safety-pin-print scarf, Zac Posen for Target, \$25; most Target stores, [target.com](http://target.com).

PHOTOGRAPHED BY MARKO METZINGER/STUDIO D. STYLIST: NORINE SMITH FOR HALLEY RESOURCES.

YOUR EYE COLOR. IN LIGHTS.

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**ALMAY intense i-color™**  
**Now with light interplay technology™**

Light catching minerals instantly brighten eyes  
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# Made in the shade

There's a pair of sunglasses out there just for you. Follow our style guide to find your perfect match.

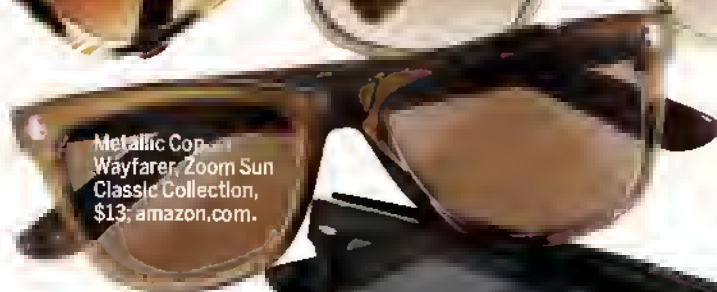


"Tribeca" frames, Xhilaration, \$13; Target.

Oversize white frames, Marc by Marc Jacobs, \$55; socalres.com.

**OVERSIZE SQUARE**  
Flatters round and heart-shaped faces.

You'll look like a modern-day Jackie O. hiding behind these large frames.



Metallic Cop Wayfarer, Zoom Sun Classic Collection, \$13; amazon.com.

**WAYFARER**  
Balances a strong jawline.

These classic-cool shades will add the perfect dose of rock 'n' roll to your look.



Classic sunglasses, Lands' End, \$40; landsend.com.

**AVIATOR**  
Works for every face—but be sure to choose a version that covers your eyebrows.

This timeless shape has survived decades of trend cycles—and is as chic as ever.



Gold frame with leather detail, Ray-Ban Craft, \$179; ray-ban.com.

Gold wire aviator, Blue Gem, \$15; 800-543-9802.



Black frame, Windsor, \$9; windsorstore.com.

**WRAP-AROUND**  
Good for a long, slim face.

This sporty option adds a touch of style when you're out to brunch or sitting in the bleachers at a soccer game.

"XO-Edge" frames, XOXO, \$28; fantaseyes.com.

**Crest**

**3D WHITE**

# HEADS WILL TURN

WHITER SMILE IN 1 DAY

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Use each product individually.

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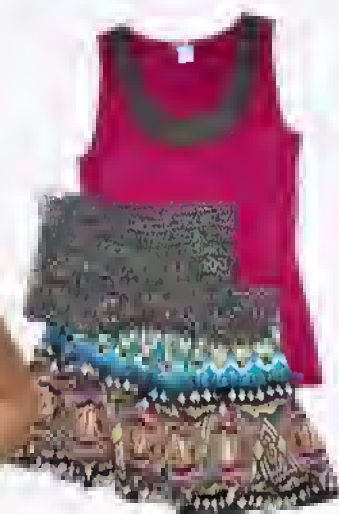
# What's in Store Fashion that's a plus!

At last, totally on-trend clothing made for more than just the skinniest of us. **Walmart** and Just My Size have paired up to create a line of plus-size apparel that features all of summer's key pieces, like print skirts, embellished maxi dresses, and versatile tanks comfy enough to live in. The best part is nothing will run you more than \$22—now that's a plus!

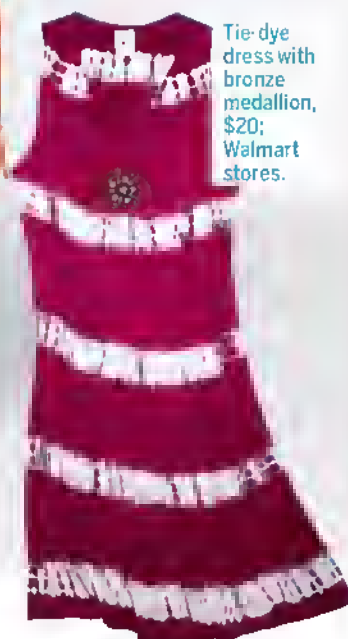


Dark wood-beaded necklace maxi dress, \$20; Walmart stores. Studded wedges, Loft, \$90; loftonline.com.

Wood-beaded necklace tank, \$14, and smocked maxi print skirt, \$16; Walmart stores.



Braided strap three-fer tank with scarf, \$12, and shorts, \$14; Walmart stores.



Tie-dye dress with bronze medallion, \$20; Walmart stores.

# THERE'S ANOTHER WAY TO TREAT UNRESOLVED SYMPTOMS OF DEPRESSION.

ABILIFY is FDA-approved to treat depression as add-on treatment to an antidepressant in adults when an antidepressant alone is not enough.

Talk to your doctor about the risks and benefits of adding ABILIFY.

Antidepressants\*  
including:  
Lexapro®  
Zoloft®  
Prozac®  
Effexor XR®  
Paxil CR®



Available as a prescription medicine only.  
\*Or generic equivalents where available.

## IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop abnormal or uncontrollable facial movements, tell your doctor, as these may be signs of **tardive dyskinesia (TD)**, which could become permanent
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials ( $\geq 10\%$ ) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

\*Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), Paxil CR® (paroxetine HCl) are trademarks of their respective companies.



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## IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

### Name

ABILIFY® (a-BIL-i-ty) (aripiprazole) (a-i-ty-PIP-ra-zole)

### What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

### What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

### What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions*.

### Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

### What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

### Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and

ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

**Neuroleptic malignant syndrome (NMS):** Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

**Tardive dyskinesia (TD):** Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

**High blood sugar and diabetes:** Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia). In some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

**Orthostatic hypotension:** Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

**Leukopenia, Neutropenia, and Agranulocytosis:** Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

**Suicidal thoughts:** If you have suicidal thoughts, you should tell your healthcare professional right away.

**Dysphagia:** Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

### What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

### Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

### What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

### What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit [www.abilify.com](http://www.abilify.com). Talk to your healthcare professional if you have questions or develop any side effects.

### What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

### Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines\* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

### How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

### General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), ABILIFY DISCORT® contains phenylalanine
- If you have additional questions, talk to your healthcare professional

### Find out more about ABILIFY:

Additional information can be found at [www.abilify.com](http://www.abilify.com)

\* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239590A7.

Bristol-Myers Squibb Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.

Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

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1 Host your best friend's surprise party in style—even if you burned the hors d'oeuvres, forgot to pick up the cake, and accidentally cc'd her on the invite.

Dress, Vintage Havana, \$57. Sparkly sandals, Ann Taylor, \$78. "Cortez" turquoise necklace, Stella & Dot, \$98.

GIVE IT A SPIN!...>  
START WITH:  
a classic oxford button-down

# Fashion

6

Look brainy, not boring, for a reading by your favorite author at the local bookstore.

Blazer, Tulle, \$63. White jeans, Level 99, \$98. "Coyote" heels, Nine West, \$89. "Stripe" scarf, American Eagle Outfitters, \$20.

5

Trick the owner of the antique shop into thinking you're a collector (and get a better deal on that dining table).

Fisherman sweater, Nautica, \$98. Shorts, Lands' End Canvas, \$35. Flower jelly flip-flops, Colin Stuart for Victoria's Secret Catalogue, \$19. "Palm" starfish necklace, Stella & Dot, \$98. Hand-stitched flower bag, San Diego Hat Co., \$84.

Show your husband that supporting his team at the ballpark doesn't have to include wearing his smelly old jersey.

"Soft and Sexy" wrap, Victoria's Secret Catalogue, \$58. Pocket tank, Loft, \$30. Cargo pants, Converse One Star for Target, \$28. "Nariko" flats, Enzo Angiolini, \$89. "Sparkly Buckle" belt, American Eagle Outfitters, \$30.

6 new ways to work this timeless basic.

# Navigator

**Fashion director Audrey shows you how it's done!**

Oxford shirt, L.L. Bean, \$30. Animal-print silk skirt, Ann Taylor, \$118. "Blip" heels, Charles David, \$125. Crystal and pearl necklace, Ann Taylor, \$68.

Nail that effortless beach-chic look while still covering up. Now if only we could master perfectly tousled ocean hair...

Swimsuit, Boden, \$68. Sunglasses, Blue Gem, \$15. "Floppy" hat, American Eagle Outfitters, \$25. Rugby stripe beach towel, Lands' End, \$20. Beach towel, Nautica, \$20. "Meilani" flip-flops, Ocean Minded, \$20. Portable iPod dock, iHome, \$50. Mesh beach bag, San Diego Hat Co., \$30.

Stand out at your daughter's dance recital so she sees you from the stage—and knows which camera to pose for.

Sequin tank, Oimri, \$49. Denim pencil legging, LC Lauren Conrad, \$44. Platform ankle-strap heels, Bakers, \$80. "Seed Bead" belt, American Eagle Outfitters, \$20. Rhinestone ring, Windsor, \$9. "Gem Out" clutch, Rimistyle, \$36.

# MAMA knows best

Motherhood brings with it much wisdom—not the least of which is how to get dressed and look great fast. Here, 6 hot mamas show off their signature style.

Fashion Editor: Audrey Slater  
Photographed by Tom Corbett



HAIR: ELISA FLOWERS AT BA-REPS.COM USING SEBASTIAN HAIRCARE. MAKEUP: ALBERTO LUENGO AT ARTIXBEAUTY.COM USING DIOR COSMETICS. MANICURE: NAUSIL ZAEHER MARK EDWARD INC. SET DESIGN: ETHAN TOEMAN FOR ARTIXBEAUTY.COM

"I always go for clean,  
**SIMPLE LINES."**

**Letena Lindsay, 36, mom  
to Del and Nelson, both 4**

**PR CONSULTANT AND CO-OWNER  
OF NAIROBI'S KNAPSACK,  
A BROOKLYN TOY STORE**

"I define my style as classic elegance with a twist," Letena says. "I love wearing a black shift dress, jazzed up with some four-inch heels." But, inspired by the bright cacophony in her new toy store, Letena has recently made a foray into experimenting with color. "I used to wear only neutrals, but I just bought a fuchsia cotton sundress. It was a big step!" Letena reveals. "What I've learned is to look for classic pieces that not only complement my skin tone and figure but can also easily transition from playdate to hubby date."

Tie-shoulder dress, Talbots, \$169. "Osaka" heels, AMI Clubwear, \$25. Crystal drop earrings, Monet, \$28. "Swar" bangle, Rosena Sammi, \$75. On boys: Clothing, Old Navy. Sneakers, Converse.

“Knowing my clothes  
are **FLATTERING**  
gives me more confidence.”

Naidre Miller,  
44, mother to  
Julian, 3

NUTRITION  
COUNSELOR AND  
COOKING  
INSTRUCTOR

“I’ve found that  
slim-fit jeans, paired  
with a tunic, look  
best on me,”  
explains Naidre, who  
favors brightly  
colored cotton  
tunics from India  
and Mexico in  
eye-catching colors  
like yellow or blue.  
“The combination  
accentuates my legs  
and hides my  
middle. Plus, bright  
colors make me  
happy, and they also  
complement my  
number-one  
accessory: my  
crazy-curly hair!”

Embroidered top,  
Vintage Havana, \$48.  
“Lily” pants, Beija-Flor,  
\$170. “Medallion” flats,  
Nine West, \$89. Orange  
beaded bracelet, Marilyn  
Schiff, \$48. Stone  
necklace, ring, and  
beaded bracelet,  
Naidre’s own.



"My secret? **SPARKLE!**"

Daria Santord, 40, mother to William, 7, and Marlow, 2

TRAINER FOR THE LEADERSHIP PROGRAM, AN URBAN EDUCATION PROGRAM

For Daria, basic shapes like a T-shirt and trousers are simply a palette for creative accessory play. "I consider my style 'glam meets comfort,' and I love to cobble together fun looks from inexpensive pieces, like colorful shoes or sparkly necklaces," she explains. Because shoes, jackets, and jewelry can be added and subtracted in seconds, Daria's pretty and practical look can be instantly adapted for work or play.

Cardigan, Ann Taylor, \$78. Sparkly tee, Monrow, \$117. Cargo slouch pants, Martin + Osa, \$80. Slingback heels, Poetic Licence, \$98. Rose gold hoop earrings, Ippolita, \$195. "Smoke Rope" necklace, Jules. "Corso Wrap Cone" gray leather bracelet, Vita Fede, \$100. Wrap beaded bracelet, watch, and rhinestone bracelet, Daria's own.





"If you love your look,  
**WHY CHANGE** it?"

Kathe Kramer Chase, 46,  
mom to Jeremy, 17, Xander,  
15, and Phoebe, 12 [pictured]

SKIN-CARE ENTREPRENEUR,  
KATHEKRAMERCHASE.COM

Jeans and a tank top—cashmere  
in winter, cotton in summer—have  
been Kathe's trademark since college.

"Occasionally, Phoebe will let me raid  
her closet and try a new trend, but  
I always go back to the look I love,"  
says Kathe, who relies on accessories  
to dress her outfit up (when she's  
meeting with clients) or down (when  
she's hanging out with her kids).

"Jeans are my second skin. I have  
over 40 pairs, and I love and wear  
every single one!"

On Kathe: Ribbed tank, Hard Tail, \$33. "Fiona"  
boots, Dolce Vita, \$270. Gold and diamond  
bangles, Helen Ficalora. Set of 7 stackable  
rings, Gorjana, \$145. Necklaces, belt, jeans,  
and watch, Kathe's own. On Phoebe: Jeggings,  
Level 99, \$88. Neon friendship bracelet, Links  
of London, \$180. Tanks, wrap bracelets, and  
Minnetonka boots, Phoebe's own.



Stephanie Hirsch, 38,  
mom to Hunter, 6, and  
Dash, 16 months

FASHION DESIGNER AND AUTHOR  
OF *MOTHER NURTURE*

"When I became a mom, I realized I wanted my look to grow up with me," says Stephanie, who favored a bohemian look—plenty of scarves, necklaces, and layers—pre-kids. Today, she keeps it simple and streamlined, with leggings, a thigh-skimming top, and a cropped jacket or vest. "To me, the look conveys authority while still being comfortable," says Stephanie. "I look like a mom who knows who she is."

Dress, Ali Ro, \$298. Leggings and heels, Stephanie's own. "Moon Ball" earrings, Isharya, \$240. "Mora" necklace, Fulham, \$100. "Sitar" wide cuff, Rosena Sammi, \$99. "Karima" bangles, Skova, \$75 each.

"Comfortable, **STYLISH STAPLES**  
make me feel pulled together."




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"I'm drawn to **OFFBEAT**  
pieces that give a peek  
into my personality."

Melissa Caruso  
Scott, 38,  
mother to  
Addison, 3, and  
five months  
pregnant with  
baby number 2

CONCERT  
MANAGEMENT AND  
PR MANAGER

From 19th-century  
fine jewelry  
to cocktail dresses  
from the '60s,  
Melissa has always  
adored the funky,  
original look of  
vintage clothing.  
The problem?  
"Vintage doesn't  
take to peanut-  
butter-coated  
fingers!" she laughs.  
Now, Melissa pairs  
mom-friendly basics  
like simple slip-on  
dresses with an  
eye-catching  
necklace or her  
trademark glasses.  
"Wearing one  
unique item makes  
an outfit stand out  
and still lets me  
search for treasure  
in the sandbox."

"Sidekick" dress, Athleta,  
\$98. Canvas wrap  
sandals, Colin Stuart  
for Victoria's Secret  
Catalogue, \$39.  
Necklaces, bracelet,  
and ring, Melissa's own.

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# Your Love Life

## The kiss that will triple your bliss

➡ Next time you're feeling overwhelmed with work, the kids' schedules, or your list of to-do's, try planting a smooch on your guy—kissing him might relieve your stress, according to a new study. Researchers asked 52 people who were married or living with their partners to rate their stress levels and relationship satisfaction, and then instructed half of them to kiss their partner more often and for longer periods of time than usual. After six weeks, those who kissed their partners reported lower stress levels and higher relationship satisfaction. "Expressing love to your partner has positive effects on body and mood," says Kory Floyd, Ph.D., the lead author of the study. "Kissing elevates levels of a chemical called oxytocin, which has stress-relieving effects on the body. Also, when couples kiss, they're focusing emotionally and mentally on something other than their stressful circumstance, and that puts them in a more positive frame of mind." Proof that puckering up has plenty of perks.



# LoveNotes

Smart, sexy ideas  
to keep you connected.

## COUPLE TIME

**How do you  
smooth  
things over  
after a fight?**

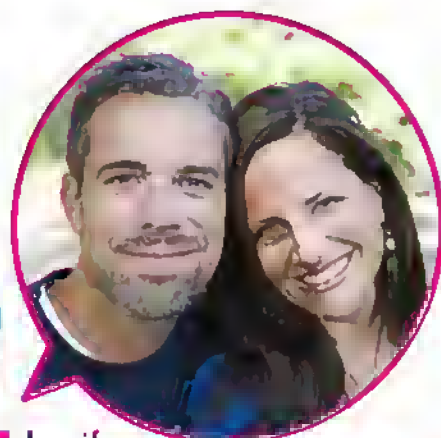


**■ Emma and Fabian Anda**  
Bartelsville, OK;  
married 16 years.

**Fabian:** She tries to resolve things on the spot, but it usually only makes things worse.

**Emma:** I've found it's helpful for him to settle down alone. If we talk when we're angry, we're never going to settle it or find a solution.

**Fabian:** It's true. I need time to cool off. I'll come back after a day and I'll have changed my attitude and perspective.



**■ Jennifer and Chad Halliburton**

Ladera Ranch, CA;  
married 11 years.

**Jennifer:** We're big communicators. I ask him, "How did I hurt you and what can I do differently?" I take responsibility for what I did wrong,

and we try to show affection while we're talking it out.

**Chad:** I ask for forgiveness. I own my part of the blame and I figure out how we change things for next time.

**Jennifer:** We've been through enough therapy to have this one down!



**■ Nube and Edgar Chabla**

Union, NJ;  
married 10 years.

**Edgar:** I'm more likely to say I'm sorry and initiate a conversation. I tell stupid jokes or try to be funny.

**Nube:** I like his jokes, so it always works!

**Edgar:** Once she's smiling, I know everything's okay.

## Foreplay a new way

There's a naughty way to try on lingerie at erotica boutique Coco de Mer (in New York City and Los Angeles): Peekaboo dressing rooms have peepholes to allow a curious man to spy on his love while she models all manner of sexy skivvies. Try the trick at home by having your hubby hide in the closet or behind a slightly open door while you treat him to a sexy peep show. Or, if you're both superdaring, head to the mall and let him lurk—discreetly!—as you show off the goods. It's a sneaky way to give you both a free thrill!



*"A woman just called and asked if we sold dresses. I told her we had hundreds of dresses from the biggest designers. Know what she said? She said, 'I love you.' Actually, she said, 'Thank you,' but I read between the lines."*

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# SexLifeRoadTest

This month, we asked two brave couples to try **silent sex**—to hit the sheets but cut out the talking, the sighing, and the moaning and just be 100-percent quiet. Did it strengthen their love bond and send the flames of passion soaring? Read on to find out.

## Couple #1

**“This gave sex a taboo, secretive nature.”**

**She says:** I would recommend this for couples who are really verbal, like we are. Since we couldn't talk, eye contact became

a much bigger deal, the whole thing seemed more serious, and it forced us to demonstrate what we wanted rather than say it, which was fun. It also gave sex kind of a taboo, secretive nature, which was a nice throwback to stealthy teen hookups—and a good change of pace for us, because we've been together for a decade. My complaints are that I did miss our usual chatter and that, because we have thin walls and live in a noisy area, outside sounds (such as my aspiring-Broadway-singer neighbor and my cat howling and scratching at the door) became the sound track to our lovemaking, which was weird.

**He says:** It was a little strange—you hear every little thing. I think light conversation during sex is a good thing—though no religion or politics, of course!

**Passion rating:** 🔥🔥 Warm and fuzzy

## Couple #2

**“We let sex speak for itself and enjoyed a without-words connection.”**

**She says:** This was good times with a whole lot of orgasms—nothing lovey-dovey, just raw passion. What a great feeling to let the sex speak for itself and have that without words connection. It was nice to switch things up, and we were actually in a fight at the time, so this experience was a helpful way to ease the tension. Definitely don't replace real communication with this kind of sex, but if you're in a steady and serious relationship, I recommend trying it out from time to time.

**He says:** We had a fight before trying this, so although the sex was nice, we were both still mad and I don't think we wanted to say much or hear each other anyway. This felt like a mix between make-up and angry sex.

**Passion rating:** 🔥🔥🔥 Smokin'

## Wanna spice up your love life?

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# What I Know About Women

**Chris Noth** may know sex (and the city), but don't ask him to kiss and tell. By Anna Davies

**What have you learned about women from working on *Sex and the City*?**

Everyone always asks that, and it's such a hard question to answer. There's a lot of potent material on the show about forgiveness and friendship and having fun in life and not buying into clichés. But if anything, the take-away I've always gotten is that the bond between female friends is a constant, regardless of relationship status, that's strong enough to withstand anything.

**Do men analyze their relationships in the same way women do?**

We do. Guys talk about their relationships all the time! They never stop talking about women. You are here to stay in our conversations forever!

**In the first *SATC* movie, Carrie and Big bonded over the book *Love Letters of Great Men*. Do you ever write love letters of your own?**

Love letters were a big part of my romantic life when I was younger. I feel sad that we're living in a culture that doesn't write letters anymore—it's a lost art. It's something that adds dimension to the romantic life. Emails and texts just don't cut it.

**In your relationship [with actress Tara Wilson], are you generally into grand, sweeping, romantic gestures—or the little things?**

I always think it's the little things that count.

**So, does that mean making Tara coffee in the morning, or flowers every week?**

Oh, there are a million romantic little things I do. I can't give away my trade secrets—it's too embarrassing.

**You also star on *The Good Wife*, playing a politician whose career and marriage are rocked by scandal. Do you think real couples can make it through a betrayal?**

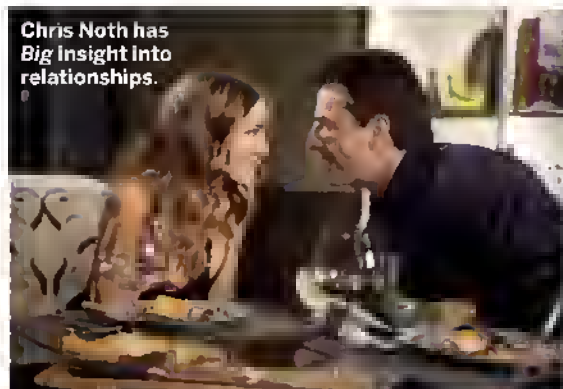
Yes, definitely. People make mistakes all the time, and not just celebrities and politicians. I do think couples can learn and move past their mistakes.

**Finally, any sneak peeks into *Sex and the City 2*?**

It's a fascinating movie. There's a lot of humor, which I love. But it's also a great look into Carrie and Big's relationship and what marriage means to them. No matter how long you've known someone, marriage changes some things in unexpected ways. And it's a learning process for Carrie and Big. I'm more excited about this movie than I was about the first one.

**Really?**

Yeah. You know how painful it was the day we filmed the scene where Carrie bashed Mr. Big over the head with her bouquet? It was awful! I've never been able to look at a rose again! **R**



Chris Noth has Big insight into relationships.

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# your hottest, sweetest, raciest, scariest, most secret

REDBOOK columnist **Hilda Hutcherson, M.D.**, delivers the naked truths you've always wanted to know (but were too shy to ask for).

**Q** I dread my ob/gyn appointment and Pap smear. What's the best way to prepare?

**A** For some of us, preparing for a Pap smear is more emotional than physical. I mean, who wakes up excited about a visit to the gynecologist? But you can make it less stressful by keeping a few things in mind: First, schedule your appointment for a few days after your period ends. During, just before, or at the very tail end of your period, blood cells can distort a Pap smear. Also, do not have sex in the 24 to 48 hours beforehand; intercourse can damage cells that then appear abnormal on the test, meaning you'll have to take another one. Since these appointments often go by very quickly, write down any questions for your doctor in advance, not only about the test but also about any other concerns you might have. This is your chance to really grill your gyno—make it count!

**Q** How do I get sexual again with my guy after treatment for breast cancer? I had both breasts removed, and my hair is short and a different color. I'm not sure how to feel sexy anymore, or if my husband even sees me as a sexual person now.

**A** Your body may have changed, but you are still the same woman your husband fell in love with and, I am sure, still loves. Experiencing sexual pleasure with your husband can be an important part of the healing process. You are so much more than your breasts, so please stop worrying that you are no longer attractive. You are still a beautiful person. Find the courage to open up to your husband about your fears and desires. Simply say, "I don't feel sexy anymore, and I'm worried you don't think I am either." After all you've been through, he's probably ready for—and maybe even looking for—the chance to



# sex questions— answered!

## Your better-sex checklist

- ☐ A lock on your bedroom door
- ☐ Birth control you trust
- ☐ Honesty
- ☐ A sense of adventure
- ☐ Lube
- ☐ A commitment to connect
- ☐ Laughter



Hilda Hutcherson, M.D., is a clinical professor of obstetrics and gynecology at Columbia University's College of Physicians and Surgeons in New York City and the author of *Pleasure*. Send your questions to her at [askhilda@redbookmag.com](mailto:askhilda@redbookmag.com).

share how much he truly cares. Tell him you might need to start slowly, with cuddling and massage. As you become more comfortable, you can add more activities to your repertoire. Visit your local adult store (or surf the Web together) and buy lubes and toys that can enhance your lovemaking. And find ways to feel sexy on your own: Get a stylish new haircut and color, and a negligee that makes you feel va-va-voom. So much of what makes sex good is how you feel about it—and yourself. Be patient with yourself, be creative, and always communicate.

**Q** My husband and I had sex using a warming lube, and I developed a yeast infection! We both felt a burning sensation too. Could this product have caused the infection?

**A** I often recommend warming lubes to boost arousal. But for some women and men, the sensation is too intense and can feel like burning—especially if you or your partner are allergic or sensitive to ingredients in the lube. That's why I advise using warming lubes only on the vulva—rather than all over the penis or inside the vagina—so that only small amounts make their way into delicate vaginal tissue. Unfortunately, some do contain glycerine, a sugar that may increase your risk of yeast infections if you're prone to them.

**Q** I have always become very lubricated when I'm aroused—so much so that sometimes I cannot feel anything during intercourse. What can I do to “dry out” a little?

**A** Be careful what you wish for! Vaginal dryness can make sex painful, so enjoy the natural moisture. One way to increase sensation is with a new position. For example: In man-on-top, or missionary, position, straighten your legs and bring them together. This will increase vaginal tension and stimulation of your clitoris. Varying your hip movements and doing Kegel exercises during sex can also stimulate your most sensitive spots.

**Q** When I have an orgasm, it is so wet that it feels like I have urinated. Why?

**A** It is very possible that you are having female ejaculation. Yes, women can ejaculate! The fluid is released from glands around your urethra and is not the same as urine. You may release anywhere from a few drops to more than a cup. Women who ejaculate when they orgasm—an estimated 10 to 40 percent of us seem to—may not do it every time. It is normal and nothing to be embarrassed about. Sex is messy, so enjoy this extra mess! ▶

## What happened to my desire?

By a landslide, most of the questions I get have to do with the loss of sex drive. “I am still attracted to my husband, but I'm never in the mood. Could this be a medical problem?” one reader asks. “Since having my second child, my sex drive has disappeared. Sometimes I suck it up and do it for my husband's sake, but I stay dry and it hurts,” reports another reader. Another concern: “My husband doesn't initiate sex anymore, and I feel awkward doing it.”

Loss of sexual desire can happen at any age, even if you're totally attracted to your partner. If you've been married a long time, simple boredom can take its toll. This is natural—who wants to eat the same meal every day? So work a little to add the spark back. Check into a hotel, take a bubble bath together, or cut some strategic holes into an old T-shirt of his and wear it to bed. **Medications like birth control pills and antidepressants can also kill libido**, as can stress, depression, and anxiety and conditions like hypertension, diabetes, and thyroid disease. If you think any of these libido-busters are a culprit for you, talk to your doctor.

If you've recently had a baby, vaginal dryness and loss of sex drive are totally normal and could persist for more than a year. Explain to your husband that though you're still hot for him, physical factors—from hormonal changes to sheer fatigue—may keep you dry, so you'll need a little extra foreplay for now. Buy a lubricant and rub it on him, and let him rub it on you. This will be fun for him and give you time to relax and lubricate naturally. If this feels too physical for you, find other ways to express your love for your mate, like spooning. Be patient—you will get your mojo back! It's worth the effort: Sex is important both physiologically (having it releases a bonding hormone called oxytocin) and emotionally (you do feel closer to your partner after a romp in the hay).

Finally, know that, just like women, men may experience a drop in sex drive with age due to hormonal changes. Don't feel embarrassed about initiating sex. In fact, your husband might not be saying so, but he may need you to stroke his penis in order to have an erection now, not because he thinks you're less attractive but because he needs the extra stimulation. Meet him halfway, and you'll really get a rise out of him.

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### Yes or no?

My orgasms are very intense. Will I have a heart attack?

☐ Yes ☒ No

Can you get pregnant during your period?

☒ Yes ☐ No

I think about sex several times a day. Am I oversexed?

☐ Yes ☒ No

It takes 20 minutes for me to reach orgasm. Is that normal?

☒ Yes ☐ No

I can only orgasm through masturbation, not intercourse. Is that weird?

☐ Yes ☒ No

My last period was very light. Could I be pregnant?

☒ Yes ☐ No

When I have sex, I fantasize about Brad Pitt. Is that cheating?

☐ Yes ☒ No

**Q** My husband and I role-play, but now I want to try spanking. How do I tell him?

**A** The best way to tell him is by not telling him—just do it! Buy a light paddle, bring it into the bedroom, then read him a story about erotic spanking. He sounds like a guy with a taste for adventure, so he will probably be pleasantly surprised.

**Q** I have HPV and am wondering how best to approach the subject with new partners. Will a regular condom prevent transmission, or do I need a female condom? And will I ever be able to have sex without one?

**A** The good news is that HPV (human papilloma virus) is not necessarily a lifelong infection; in fact, 90 percent of HPV cases spontaneously clear out of a woman's system after two years, and 70 percent of cases clear out after just a year. Using a condom decreases the chance that the virus will be transmitted. The virus may lurk in skin that is not covered by the condom, however, so even if you use one, there is a small chance the virus will still spread. Female condoms are larger, covering much of the vulva as well as the vagina, so they may protect better against transmission of HPV. These can be hard to find in stores but are available online (look for the FC brand).

As for sharing this information with a new partner, yes, talking about a sexually transmitted infection can be hard. But HPV is extremely widespread, and chances are your guy has already heard of it or had a similar discussion in the past. Simply tell him the facts: You have been exposed to HPV. It is common. Once the virus has been cleared from your body (your gyno will test for it regularly if you're over 30), you won't have to have this conver-

sation again and you can have sex without a condom—if you are certain that your partner does not have a sexually transmitted infection, that is.

**Q** I want to try anal sex with my man. How can we make the experience as comfortable and enjoyable as possible?

**A** This is one of the most common questions I receive. Though many people still view anal sex as taboo, lots of women find it quite pleasurable. It is simply another way to express yourself sexually and add variety to your sex life. It is safe, it will not make you incontinent, and there is nothing dirty or shameful about it. The keys to successful anal sex are these: Make sure you *want* to do it, that you're not feeling pressured to do it. Use lots of thick lubricant, go slowly, and communicate with your partner throughout. Never go from having anal sex to vaginal sex, because it can increase your risk of developing a vaginal infection. And since the easiest way to transmit HIV is through anal sex, use a condom unless you're sure your partner has tested negative for the disease. (Bonus: Using a condom will also reduce your partner's risk of getting a UTI afterward.)

**Q** My partner loves to masturbate with women's magazines—and I love to watch. Is this okay?

**A** Absolutely! As long as it's not interfering with your ability to have a mutually satisfying sex life, watching is fine—great, even. We always say men are visual creatures, but women are too. We can get our own pleasure out of seeing a man—especially the one we love—pleasuring himself, if we just allow ourselves to enjoy the scenery. **R**

## The M word

I receive a slew of questions about menopause. "I didn't have a period for 10 months, then I got it again, and have been spotting for five days," frets one reader. "I'm 45, and my periods are erratic; sometimes I spot in between," says another. Even more ask: "Am I going through menopause?"

So many women worry about menopause. We worry that we might as well wrap our sex life up

and put a bow on it, never to open the package again. We worry that now we're dried up like old prunes. But menopause doesn't have to be the end of the road—in fact, it can mean exciting changes.

Simply put, menopause is the time when your ovaries stop producing estrogen and your period ends for good. You are officially menopausal when you have not had a period for a full year. In the years leading up to menopause, called

perimenopause, your periods may become irregular, lighter or heavier, or shorter or longer than usual. Perimenopause can last from one to 10 years, so it is not unusual for your period to return after 10 months (or two months, or anywhere in between). If you're still getting periods and spotting in between, that doesn't necessarily mean you're menopausal. But see your doctor, because prolonged spotting can signal problems such as polyps, fibroids, or ovarian cysts.

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# Losing Weight But Can't Get Rid of Belly Bulge?

Getting rid of stubborn belly fat can take more than diet and exercise alone... Popular "feel-good" pill may be solution.

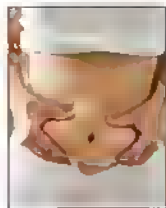
**Y**ou diet... you exercise... you're even losing weight.

But take a look in the mirror... you still have that unsightly belly bulge. Twenty pounds lighter and you still look... well... fat! How in the world can that be possible?

**Stress. That's right... stress!** As it turns out, the same diet that's helping you lose weight might actually be causing you to retain figure-destroying belly fat. That's because dieting is stressful. You worry about what to eat... when to eat... how much to eat. All that worry leads to "diet stress."

And, as we all know by now, even ordinary, everyday stress can cause your body to increase or retain belly fat. That's why you can go on a diet, lose weight, but still look thick around the middle.

**So what are we to do?** Millions of women are turning to weight-control "adjuncts" or "add-ons." These groundbreaking compounds are not really diet pills in the true sense of the word. Instead, they help traditional diet and exercise programs reduce tummy bulge by controlling diet-related stress and anxiety... the same stress and anxiety that can lead to stubborn belly fat retention (not to mention that all-time diet killer "Nervous Binge Eating").



**“Excess tummy flab may not be your fault: That's the startling conclusion reached by scientists who discovered the likely cause of stubborn belly fat.”**

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Let's face it, you not only want to lose weight, you want to look good... and looking good means a thinner waist and flatter tummy.

So if you're ready to go on a diet, or if you're already losing weight and having a hard time getting rid of your stubborn, stress-related belly bulge, try this exceptional tummy-flattening, feel-good pill. America's most popular weight-control "adjunct," Relacore.

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## Take The Excess Belly Fat Test!

- Do you tend to retain belly fat even when you lose weight?
- Does dieting make you stressed out and anxious?
- Are you accumulating belly fat that just won't go away?
- Do you overeat in response to daily stress?
- Do you suffer "mid-afternoon fatigue" when dieting?
- Do you have difficulty falling asleep at night when dieting?

**If you answered "Yes" to one or more of these questions, excess belly fat might not be your fault.**



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REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. His work has appeared on [babble.com](http://babble.com) and [safon.com](http://safon.com).

## Agreeing to disagree

From parenting the kids to tackling work-life balance, our guy columnist and his wife are on totally different pages. And he wouldn't want it any other way. *Really.*



**H**ere are the socks the baby should wear if you go outside today," my wife tells me. "If you do go outside, bring a blanket because the kids might get cold. Maybe I could call so-and-so and set up a playdate for today. Make sure the kids get some applesauce or raisins or something fruity or veggie in them. Don't give the baby too many raisins or she'll do terrible things in her diaper. When you pack the diaper bag, bring an extra set of clothes for both kids in case they get wet. Maybe it's too cold to take them out, now that I think about it. Actually, if you put them both in their heavy jackets, you can get them outside for a little while today. Okay, I'm going to work. Bye, I love you."

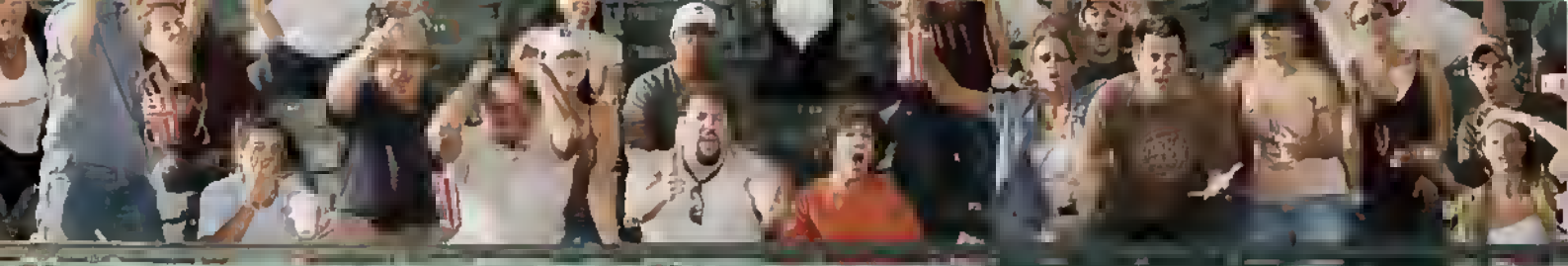
Kiss me, kiss boy, kiss baby girl.

With that, Karel is out the door and I am left to wonder what she was saying to me before she left. *I think it was something about the baby doing terrible things in her diaper. Oh, hey, it's sunny out—maybe I'll take the kids to the park today. I don't know where the baby's booties are. Oh, well, if it's cold out I'll just slap my gloves over her feet. Besides, we can always warm up with a eup of hot cocoa*

*and some donuts on our way back home. Perhaps if I hadn't been a stay-at-home dad for the past three years, I might pay closer attention to what Karel says every morning—but I feel like I've got this parenting thing knocked.*

It used to annoy the hell out of me that Karel felt that she needed to instruct me this way. I wondered if she thought I was somehow incompetent or ill equipped to deal with the job of raising kids. After several loud battles over her inability to contain herself in the morning (or over the phone during midday, or at night if she's working late), I have come to the conclusion that she can't help herself. I'm a great parent, and my kids and I have a lot of fun together. Most of the time my wife





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recognizes that fact; it's just hard for her because I'm a totally different kind of parent than she is. My skills as a parent are about improvisation, traveling light, and being flexible. Karel's style of parenting, on the other hand, is about planning, packing, and committing. While in my care, the kids don't always leave the house with shoes on, let alone a specific type of sock, nor do we hide from the elements—unless, that is, we are in the mood to hibernate. There are few plans, there is very little forethought, we just sort of go where the winds take us (usually to the park), but my kids are happy, healthy, confident, and safe. I take my responsibilities to my kids more seriously than I've ever taken anything in my life. For Karel, the idea of the kids leaving the house without shoes,

cancellation fee. I hadn't been to the doctor in 10 years, and she felt that I needed to get a checkup. I was pissed at her—I didn't like how she'd made the appointment behind my back. But had I not gone to the doctor, I wouldn't have known that I have a calcium imbalance that is a key indicator in the formation of kidney stones. And I *really* don't want kidney stones. Thanks to Karel, I can now work to prevent them.

Or consider how my yang helped her out: During one of the gigantic snowstorms that hit Philly on a weekday this year, Karel struggled to figure out how she was going to manage all her work responsibilities, and she couldn't seem to come to grips with the fact that those 30 inches of snow meant she wasn't going anywhere the next morning. With the kids tucked safely in bed, she kept trying to organize what she would need in order to get from point A to point B in all that snow. So I decided to intervene—with a couple of beers. Soon, she began to recognize that events were beyond her control and all she could do now was enjoy the ride. An hour later she was stripped down to her underwear and diving into snowbanks because she had seen me do it in my boxers and wanted to prove she could outlast me. She called it "The Deadliest Catch Challenge." Lemme tell you, there is nothing more relaxing than freezing your booty off in a pile of snow and then hopping into a warm shower with the person you love. It was an experience Karel really needed, and I know it wouldn't have happened without me.

This push and pull is part of the reason we work so well together, why we still hold each other's attention after eight years together. The constant struggle for lifestyle dominance is kinda hot. At any given moment, either one of us could be on top (so to speak) and foisting our agenda onto the other. But both of us know that no matter how much we enjoy being in total control, we can't stay there for too long. It's not like we're two sides of the same coin, or even that we complete each other. Instead, it's our unique ability to drive each other crazy that keeps us sane—and together. **R**

### What do you want to know about men?

If you're looking to figure out your guy's mysterious or perplexing behavior, our columnist Aaron will try to explain the crazy things men do (but he makes no promises!). Email your questions to him at [redbook@hearst.com](mailto:redbook@hearst.com) (subject: Whys Guy). Be sure to include your name, city, state, and email address.

**My wife and I are very different people. She's practical. I'm not. She's organized. I'm not. We're like the Odd Couple—except she's not a dude.**

even on a warm summer's day, is like waking up to discover that you're on *Soul Train* and you don't know how to dance... and you're naked. In other words, it's reason to panic.

But this is how our life together has always been, even before kids.

My wife and I are very different people. She is practical. I am not. She is focused. I am not. She is organized. I am not. She pays attention to details. I'm a big-messy-picture kind of guy. She might be described as tightly wound. I might be described as completely unraveled. We're like the Odd Couple—except she's not a dude. Her yin ensures that we remember to pay our bills on time so that we'll have a roof over our heads and that we'll never run out of toilet paper. My yang demands that Karel make time for walks outside after long days stuck under fluorescent lights and reminds her that sometimes it's more important to treat ourselves to a plate of oysters on a Saturday afternoon than it is to clean the house. My wife and I are like hats and baldness—we could each exist on our own, but we work much better together in the interest of a common goal.

For example, the other morning Karel told me that she had made me a doctor's appointment for that day, and if I didn't show I'd get hit with a \$200



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we share  
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ROB00310-204



## Do I still have a chance with him?

"After we slept together, his behavior got confusing. What went wrong?"

**Q** I am recently divorced. I decided to try online dating, and the most amazing man contacted me, who is also recently divorced. We started out emailing, then talking on the phone. **When we finally met, it was incredible.** He was so attentive and respectful. The following weekend we were together physically for the first time. Afterward, we held each other for hours. But the next morning, his behavior got confusing. He asked me if I had any regrets. He then said, "I'm sorry if I'm acting strange. I didn't expect this to happen. I didn't expect to have these feelings." We had coffee together, and I left. That night he told me that he'd thought he was ready to move forward but maybe emotionally

he wasn't and he never meant to hurt me. Basically, that night was the end of our relationship! What went wrong? **I have never felt so much from someone, and I truly believe he never meant to hurt me.** Am I holding on to false hope that we still have a chance? —D.D., 39, Houston

**A** There's nothing "wrong" here, except perhaps your expectations. How terrific that in your first foray into online dating, an amazing man contacted you. How awesome that you felt a genuine connection with him. **Furthermore, the guy's aware of his own emotions (rare!), and he's being honest with you about them. Obviously he felt the connection too, which is what made him realize that he hadn't yet recovered from his divorce.** To find that kind of mature self-awareness and genuine connection—even if it didn't lead to the happy-ever-after you dreamed of—makes for a successful online dating story in my book.

Of course you and he still have a chance. Do you have a chance this week? No. This month? Probably not. But there's no reason you shouldn't stay in touch—not desperate, needy, I'm-frantic-to-

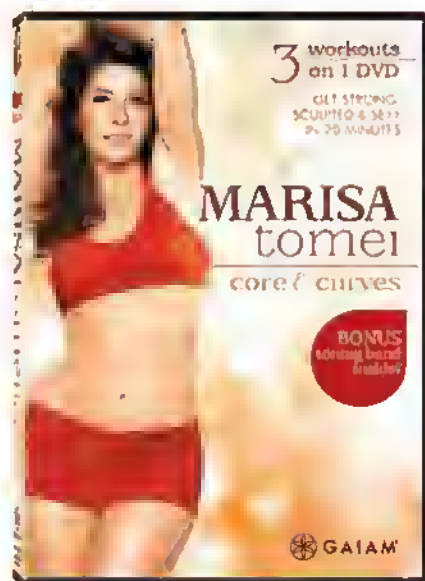
The Heart  
Stuff

BY KAREN KARBO

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## Your Love Life

rekindle-our-connection touch, but text him now and then, or send him an email in a month or so. Whatever's easy and natural. (If he really was only interested in a booty call, you'll find out soon enough, and you can chalk it up to experience.) In the meantime, live your life and continue dating. He might come around. But how great to know that good connections can happen—that you can log on, post your profile, and meet someone worthwhile.

### Is my marriage beyond repair?

**Q** I've been married for 18 years, and my connection to my husband has slowly dwindled down to nothing. I'd always been hopeful that things could get better, but after several years of church marriage counseling, then professional counseling, and reading every recommended marriage book out there, **I've pretty much lost all hope.** My husband is hardworking and responsible, but I don't love this man. He is controlling and verbally abusive. We have three kids under the age of 11, and as a father he's energetic and fun but uninvolved in any of the necessary tasks of taking care of them. We have nothing in common and no shared interests anymore. Is this marriage beyond repair? —D.S., 43, New York City

**A** No one should stay married to someone who abuses her for any reason. *Ever.* Kids or no kids. Putting up with abuse from a partner teaches your children that it's an acceptable way to conduct an intimate relationship. Is that what you want for them?

That said, there's no hard-and-fast rule as to when a marriage is beyond repair. A marriage is not a dishwasher or a Toyota. What might seem irreparable to me would not be to you, and vice versa. So in the end, only you can know whether the right choice is to stay or go.

If everything you say is true and you haven't overstated your husband's bad

**"My cousin slept with my husband. When I confronted her, she said I was a bad mother."**

behavior out of exhaustion or frustration, the real question is why you would *want* to repair your marriage. It doesn't sound like it's bringing you joy or helping you expand your own horizons or even making your life easier.

But let's assume there's something in your marriage worth fighting for—and let's also, for the sake of argument, assume your husband isn't guilty of verbal abuse *per se* (continuous belittling, undermining, and name-calling) but only of saying some not-nice things during heated arguments, as we all do. How, then, do you proceed? **You need to isolate what, exactly, it is that needs to be repaired in your marriage. What concrete change will you need to see in order to stay?** It's important for you to figure out the answers to these questions. You must have a clear sense of what you absolutely need, what you can compromise on, and what is, in the end, a deal-breaker.

Once you've arrived at a conclusion, don't second-guess yourself. Tell your husband what you're going to need to stay, and give him time—say, a few months—to take action on what you've asked. **Then, respect your instincts when they tell you whether to stay or go.**

### How do I get past this betrayal?

**Q** My cousin and I had always been great friends, but four years ago I found out she slept with my husband. (He and I had just separated.) When I confronted her, she admitted it and showed no remorse. In fact, she proceeded to tell me I had done bad things too and was a bad mother. I told her to

stay out of my life. Since then, she has made an effort to become close friends with my teenage daughter (through MySpace), my ex-boyfriends, and friends. She has told mutual friends and relatives that we are no longer friends because I am jealous of her life and her pregnancy. **How do I get past my resentment of this sorry excuse for a relative?** —V.H. 32, Dallas

**A** Life would not be complete without a few annoying relatives. They should be added to the short list, along with death and taxes, of things that just can't be avoided. **What your cousin did was downright despicable, and from the sound of it, her behavior continues to be both irritating and inappropriate.**

There's a lot to be said for working through and getting past the bad feelings that cause us, and others, upset. But in our rush to move out of that icky, uncomfortable place, we sometimes overlook the fact that our feelings are justified.

I'm not advocating stewing about this, because the less you think about this woman the better, but why not just accept the situation? Who says you have to like her? This unwritten law that we're supposed to like everyone, or harbor no feelings of ill will toward anyone, is a weird facet of American culture.

**There's a great Irish saying: A grudge is a warm thing.**

Do you see this cousin often? Are there big family get-togethers where you're forced to chat over the punch bowl? If so, you can be polite without engaging her. It's perfectly legit to say, "Oh, hi, Emily" and turn around and walk away. When it comes to your cousin's trying to befriend your daughter and friends, acceptance may require some extra self-discipline. Don't involve yourself. Rise above it. If and when people mention the feud, remind them that there are two sides to every story and that you and your cousin have some complicated history, and leave it at that. If it were me, I'd just write the situation off—in my head and to other people. If her name comes up, you can simply say, "We're not the best of friends."

The interesting thing about this tack is that there's often an added bonus: Once you accept your feelings, they tend to lose some of their tropical-storm strength, which results in your being able to, if not move on (always so much easier said than done), at least spend your energy on the things—and people—that are truly worth your time. **R**



Karen Karbo is an award-winning writer and the author of *The Gospel According to Coco Chanel: Life Lessons From the World's Most Elegant Woman*. She's also a mom, a teacher, and a horse owner. For more advice, go to [redbookmag.com/karenkarbo](http://redbookmag.com/karenkarbo).

TARA DONNE.



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Get What Fits.

For moderate to severe RA

## I HAVE RHEUMATOID ARTHRITIS.



Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

### IMPORTANT SAFETY INFORMATION

#### What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you

take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using TNF blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA and psoriasis may be more likely to get lymphoma.

#### Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of

infection, unless your doctor says it is okay

- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor
- Have or have had hepatitis B

[www.enbrel.com](http://www.enbrel.com)

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I ALSO HAVE A LIFE.



If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.\* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit [www.enbrel.com](http://www.enbrel.com).

\*Based on monthly prescription data from IMS NIA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding

- Have been around someone with chicken pox

#### What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: **Infections**, including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

**Common side effects include:** Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL.

Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see Medication Guide on the next page.



Get closer to the life you want to live



## Medication Guide ENBREL® (en-brel) (etanercept)

Read the Medication Guide that comes with ENBREL® before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using ENBREL®.

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

### What is the most important information I should know about ENBREL®?

ENBREL® may cause serious side effects, including:

#### 1. Risk of infection

ENBREL® can lower the ability of your immune system to fight infections. Some people have serious infections while taking ENBREL®. These infections include tuberculosis (TB), and infections caused by viruses, fungi or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting ENBREL®.
- Your doctor should monitor you closely for symptoms of TB during treatment with ENBREL® even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with ENBREL®.

You should not start taking ENBREL® if you have any kind of infection unless your doctor says it is okay.

#### 2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including ENBREL®, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

### Before starting ENBREL®, be sure to talk to your doctor:

ENBREL® may not be right for you. Before starting ENBREL®, tell your doctor about all of your medical conditions, including:

#### Infections—tell your doctor if you:

- have an infection. (See "What is the most important information I should know about ENBREL®?" )
- are being treated for an infection
- think you have an infection
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinate more often than normal, and feel very tired.
- have any open cuts on your body
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use ENBREL®. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B

### Also, BEFORE starting ENBREL®, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
  - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking ENBREL® with Orencia® or Kineret®.
  - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking ENBREL® with cyclophosphamide.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

### Other important medical information you should tell your doctor BEFORE starting ENBREL®, including if you:

- have or had a nervous system problem such as multiple sclerosis
- have or had heart failure
- are scheduled to have surgery
- have recently received or are scheduled to receive a vaccine

- ✓ all vaccines should be brought up-to-date before starting ENBREL®
- ✓ people taking ENBREL® should not receive live vaccines
- ✓ ask your doctor if you are not sure if you received a live vaccine
- are allergic to rubber or latex
- ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber
- have been around someone with varicella zoster (chicken pox)
- are pregnant or plan to become pregnant. It is not known if ENBREL® will harm your unborn baby.
- ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take ENBREL®. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breast feeding or plan to breast feed. It is not known if ENBREL® passes into your breast milk. You and your doctor should decide if you will take ENBREL® or breast feed. You should not do both.

### See the section "What are the possible side effects of ENBREL®?" below for more information.

#### What is ENBREL®?

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

ENBREL® is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** ENBREL® can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** ENBREL® can be used alone or with methotrexate.
- **ankylosing spondylitis (AS)**
- **chronic, moderate to severe plaque psoriasis in adults ages 18 years and older**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking ENBREL®, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

ENBREL® can help reduce joint damage, and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. ENBREL® can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See "What is the most important information I should know about ENBREL®?" and "What are the possible side effects of ENBREL®?"

#### Who should not use ENBREL®?

Do not use ENBREL® if you:

- have an infection that has spread through your body (sepsis)
- have ever had an allergic reaction to ENBREL®. See the end of this Medication Guide for a complete list of ingredients in ENBREL®.

#### How should I use ENBREL®?

- ENBREL® is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of ENBREL® at home, you or your caregiver should receive training on the right way to prepare and inject ENBREL®. Do not try to inject ENBREL® until you have been shown the right way by your doctor or nurse.
- ENBREL® is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick Autoinjector
  - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to prepare and give your ENBREL® injections at home.
- Your doctor will tell you how often you should use ENBREL®. Do not miss any doses of ENBREL®. If you forget to use ENBREL®, inject your dose as soon as you remember. Then, take your next dose at your regular (ly) scheduled time. In case you are not sure when to inject ENBREL®, call your doctor or pharmacist. Do not use ENBREL® more often than as directed by your doctor.
- Your child's dose of ENBREL® depends on his or her weight. Your child's doctor will tell you which form of ENBREL® to use and how much to give your child.

#### What are the possible side effects of ENBREL®?

ENBREL® can cause serious side effects, including:

### See "What is the most important information I should know about ENBREL®?"

- **Infections.** ENBREL® can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See "Before starting ENBREL®, be sure to talk to your doctor" for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use ENBREL®. Your doctor may

do a blood test before you start treatment with ENBREL® and while you use ENBREL®.

- **Nervous system problems.** Rarely, people who use TNF blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF blocker medicines, like ENBREL®. If you have heart failure your condition should be watched closely while you take ENBREL®. Call your doctor right away if you get new or worsening symptoms of heart failure while taking ENBREL®, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using ENBREL® developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps which may be filled with pus. Your doctor may decide to stop your treatment with ENBREL®.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using ENBREL®.
  - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF blocker medicines, including ENBREL®. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

#### Common side effects of ENBREL® include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections)
- **Headache**

These are not all the side effects with ENBREL®. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

#### How should I store ENBREL®?

- Store ENBREL® in the refrigerator at 36° to 46°F (2° to 8°C).

- Do not freeze.

- Do not shake.

- Keep ENBREL® in the original carton to protect from light.

- Keep ENBREL® and all medicines out of the reach of children.

#### General Information about ENBREL®

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use ENBREL® for a condition for which it was not prescribed. Do not give ENBREL® to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about ENBREL®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about ENBREL® that was written for healthcare professionals. For more information call 1-888-4ENBREL (1-888-436-2735).

#### What are the ingredients in ENBREL®?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive ingredients: mannitol, sucrose, trometamine,

1X0000043

Issue Date: 11/2009

This Medication Guide has been approved by the U.S. Food and Drug Administration.



Manufactured by Immunex Corporation  
Thousand Oaks, CA 91320

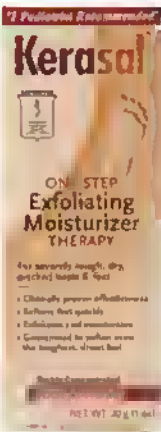


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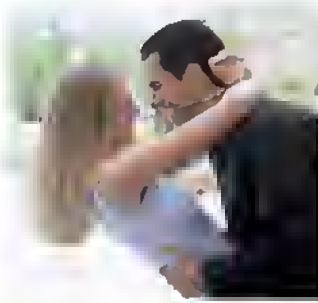
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# what you want – summer solutions



## New Beautiful Feet

Are your feet ready for sandal season? Kerasal, the #1 podiatrist recommended foot softener, exfoliates and moisturizes feet in one easy step. In just days you will have new, beautiful feet. Look in the footcare section at Walgreens, CVS, Walmart and other drug chains. Visit [Kerasal.com/rb](http://Kerasal.com/rb) or call 1-877-674-3475 for coupon.



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*"In less than 5 weeks...my entire body has completely cleared up. No itching, dryness, redness, or scaling." – K.P., Grand Rapids, MI*

MG217 Medicated Tar Shampoo clears scalp and helps stop the recurrence of dandruff and psoriasis symptoms. For therapeutic relief of psoriasis symptoms on the body, there's MG217 Medicated Tar Ointment. Visit [MG217.com](http://MG217.com) for more customer testimonials and retailers or call 1-800-942-2009



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# “Our son’s autism almost tore us apart”

When their son was diagnosed with autism, Rodney Peete and Holly Robinson Peete responded so differently—she jumped into action while he disappeared into denial—that their marriage nearly collapsed. Now they’re sharing their story so families everywhere can find hope and connection in the face of this devastating disorder. **By Kate Meyers**

**K**ismet, magic dust, and French fries all played a part in the courtship of Holly Robinson and Rodney Peete. Or, as Holly says, “It was the fairy tale, after the dream, inside of the story-book.” She was a stunning, successful TV actress (most famous for the late ’80s crime drama *21 Jump Street*), and he an NFL starting quarterback. He proposed in front of a live studio audience during the filming of the sitcom she was starring in at the time, *Hangin’ With Mr. Cooper*. In June 1995, more than 300 guests attended their California wedding, the Reverend Jesse Jackson presided, and Holly surprised Rodney with an appearance by the entire marching band from his alma mater, USC.

The dream continued in 1997 with the birth of twins, a boy, Rodney Jackson (R.J.), and a girl, Ryan. But three later, Holly and Rodney’s lives were rocked when R.J. began to withdraw into himself and the couple received his shattering diagnosis: autism. This month, the family offers two different perspectives of their journey, Rodney’s rock-bottom-to-hope memoir, *Not My Boy!*, and a heartwarming children’s book, *My Brother Charlie*, written by Ryan and Holly.

The couple’s path was an unpredictable one, full of seary twists and turns that eventually brought them to the brink of divorce. But Holly and Rodney fought hard for their marriage, and now, nearly a decade after R.J.’s diagnosis, the family is thriving. Mom and Dad juggle time with their band of four—the twins, plus brothers Robinson, 7, and Roman, 5—with work for their HollyRod Foundation, an organization that, among other missions, helps support kids with autism and their families. Rodney has retired from the NFL, but Holly’s still a part of the show-business world (she’ll appear this month on NBC’s



#### FAMILY TIES

“R.J. taught me not to ever give up hope,” says Holly of her son, who was diagnosed with autism almost 10 years ago. “He taught us to hang in there.”



HAPPY DAYS  
Holly, Rodney, and  
R.J., with R.J.'s  
younger brothers,  
Robinson (at top)  
and Roman.

"It was a dangerous game we were playing. By the time the autism diagnosis came, we were already on the edge."

*Celebrity Apprentice*, where she'll compete against other celebrities to raise money and awareness for the charity of her choice, her foundation).

The difficult road that Holly, 45, and Rodney, 44, traveled is one that all too many couples can't navigate: Eighty percent of couples who have a child with autism divorce. Now, on a sunny Los Angeles afternoon, they sit in the comfy library at the home of Holly's mom, Dolores (the couple's own L.A. home is being renovated) and share the experience that almost ended their marriage. These two are the picture of respectful, intimate partnership: It's impossible not to notice Rodney's sideways stares at his wife as she speaks—part schoolboy smitten, part proud admiration, all love.

#### How did your fairy-tale love story start?

**HOLLY:** A mutual friend thought we should meet, so she dragged me to this club and Rodney was

there. I didn't have tingles or anything. I ordered some fries and I doused 'em with hot sauce, so that really meant I didn't like him—because no cute eating. When he tells the story, he says he actually really dug that I ate the hot sauce with the fries because that was sexy. No numbers were exchanged. I went off shortly afterward on a trip.

**ROONEY:** And I'm hounding our friend about her, "Where'd she go?"

**HOLLY:** After I came back, my friend called and said, "Put on your Daisy Dukes, because Rodney Peete's having a picnic." We get there, and the place was lined with girls. It was like nine guys and 50 girls. We ate and left. So I'm home, and there's a knock on the door, and it was Rodney. And I said, "Hey, don't you have a party going on at your house?" And he said, "When you left, the party was over." So I was like, "That'll get you dinner." And so we started dating. We've been together ever since. When he surprised me with that proposal, I opened a door on set expecting to see another actor, but it was Rodney. He got on his knee, and it was really lovely, truly that fairy tale.

#### How would you describe yourselves as a couple before and after you had the twins?

**HOLLY:** Before we had kids, we were adventurous travelers, fun-loving—sex in the kitchen, stuff like that. Like any newlywed couple, we were having fun. Then I got obsessed with being pregnant.

**ROONEY:** That was a good thing, too. We talked about what our expectations were before we got married, and we both wanted kids, and we both wanted multiple kids.

**HOLLY:** Once the twins came, things got very intense as parents. I had the bulk of the work because Rodney was away playing on the East Coast for the Philadelphia Eagles. We decided to keep our roots here because we didn't know where the NFL might take us. I was working on a show, and he had a high-pressure job, and I was feeling the effects of him not being a day-to-day parent. And so I would grab these two babies, get on a plane, and go see him every three weeks during my hiatus. In the end it was a very dangerous game we were playing, trying to have it all. By the time the autism diagnosis came, we were already on the edge.

#### What happened when R.J. was diagnosed?

**ROONEY:** We both were devastated.

**HOLLY:** We went through this emotional connection, and we just cried in each other's arms. We didn't know what the hell this autism thing was. ▶

# Who's Your LifeLine?



If you are someone living with multiple sclerosis (MS), or caring for someone with MS, you know that it can take more than medicine to manage the condition. Having a strong support network—from doctors and nurses to friends and family—can be an essential part of your well-being.

As an example, MS LifeLines® Ambassador, Shiela\*, understands the impact MS can have on loved ones. Her daughter Brittney was 13 when Shiela was diagnosed, and it was difficult to explain MS. Shiela provided her with information about MS and formed a community of family members where she could ask questions or talk about her fears. Now, Brittney says, "my philosophy is to not dwell on the negative but to focus on what I can do to make her life better." MS LifeLines is an educational support service for people living with MS and their families. MS LifeLines and its ambassadors are sponsored by EMD Serono, Inc. and Pfizer Inc.

Shiela and Brittney's inspiring story reminds us that MS does not have to stand in the way of enjoying life. Do you know someone living with MS, or caring for someone with MS, whose positive attitude, determination and achievements inspire you? Do you think this person could inspire and motivate others?

SUBMIT  
YOUR  
STORY  
TODAY!

## Nominate Your LifeLine!

Tell us how your LifeLine has helped you manage MS and you may be featured in an upcoming issue of REDBOOK! The Who's Your LifeLine? recognition program honors individuals affected by MS who focus on maintaining a positive outlook and do not allow MS to stand in the way of attaining their goals and dreams. We encourage you to tell us about a person living with MS, or caring for someone living with MS, who you consider to be your LifeLine. Visit [www.mslifelines.com/redbook](http://www.mslifelines.com/redbook) to review the program guidelines and submit your LifeLine.

\* The photos used here do not depict actual MS LifeLines Ambassadors.

## Tips to Help Manage MS

**When one family member has MS, everyone in the family is impacted.**

Maintaining open and honest communication with loved ones is important. Here are some tips on communicating with loved ones:

- ☐ Do not push your friends and family away because you think they don't understand. Give them the chance to be there for you.
- ☐ Socializing is key to your overall well-being. Try to spend time with others and enjoy hobbies.
- ☐ Provide your loved ones with information about MS, and let them know how you are feeling. This way they will know more about how they can help you.
- ☐ Connect online by using an educational and support resource, such as [mslifelines.com/redbook](http://mslifelines.com/redbook). [Mslifelines.com/redbook](http://mslifelines.com/redbook) offers access to dynamic tools, resources and information about local and online MS-related community events where you can talk with others living with MS.

**MS LifeLines**

Services sponsored by



LOVE LESSONS  
"I've learned not to  
fight Holly's  
instincts," says  
Rodney.

"I kept pretending that I didn't need Rodney. I was asking him to be involved, but then I wouldn't let him do it."

We were both in denial for a few weeks.

**RODNEY:** I stayed angry and blamed the doctor and was still in denial—while Holly basically rolled up her sleeves and did what needed to be done.

**Do you think a lot of men react that way?**

**RODNEY:** Absolutely. I think a lot of men have this image, this dream of what their son is going to be or who they're going to mold him into, and they want things for him. And it gets in the way of figuring out who your son really is.

**And Holly, you as the take-charge, do-everything-we-can mom—is that, in your experience, the typical female reaction?**

**HOLLY:** Mostly. I would go out for coffee with some of my autism-mom friends and compare notes, and almost every one of them had the same husband that I had. I was like, "How did you get the same model?" And then eventually I watched most of those marriages erumble.

**Did the two of you talk early on about what you were both feeling?**

**HOLLY:** We did have conversations, but Rodney shut down. Part of being in denial is that you don't talk about your feelings. I would do these all-nighters with him, and the poor guy would just lie there in bed curled up. I'd say, "Are you listening to me?!" until 3, 4 in the morning. Remember that?

**RODNEY:** I do.

**HOLLY:** He wouldn't respond, so I felt disconnected from him. He didn't understand what I was going through, or what his son was going through—or he wasn't trying to. I don't think we had any conversations that could get us anywhere because he hadn't come to terms with his feelings.

stand?" And I would stand there with my arms crossed and say to him things like, "Do you even know what autism is? Could you explain it to somebody?" I mean, I always challenge Rodney, but later when I read his book, I thought, *Oh, my God, I so went out of my way to emasculate him.*

**Were you able to hang on to any sense of affection for each other?**

**RODNEY:** I think for a period of time it was manufactured, almost. It was forced. It wasn't natural like it was before we had the kids or even those first couple years when we had kids.

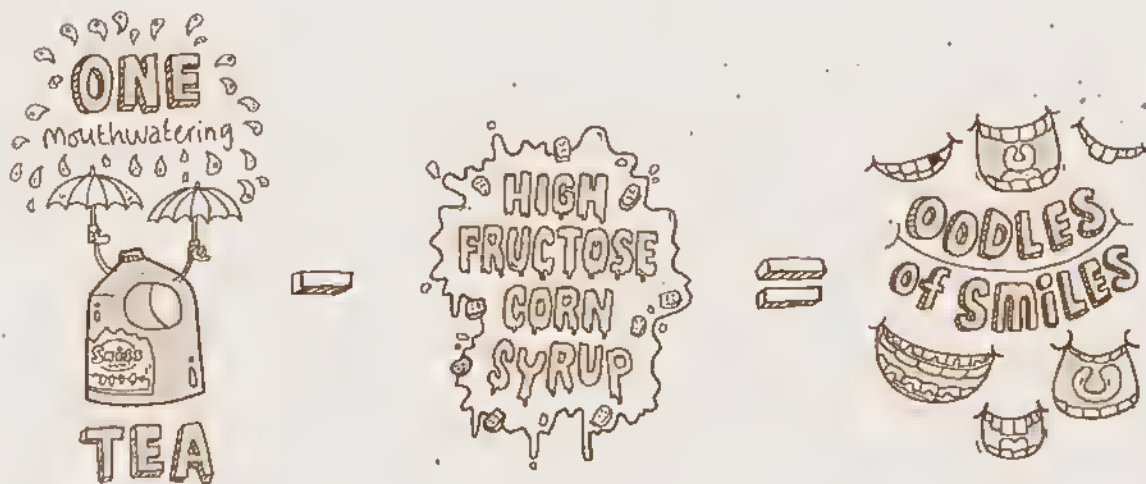
**HOLLY:** We still tried to do our little hotel nights, and my mom would watch the kids for us. We'd try to get a little romance kicked in, but there was so much tension because of the autism. And also I needed help, but I kept pretending I didn't. So Rodney would come home, and I would just be so independent, like, "Do what you need to do. I'll take him to school, I'll do this and that." Rodney never had a chance to be involved. I was asking him to be involved, but then I wouldn't let him do it.

**RODNEY:** We were just becoming two ships passing each other. I was finally playing close to home [for the Oakland Raiders] and not able to be excited about coming home. I was going out more, drinking more, we're not having sex anymore—and it was like, *Where do we go from here?*

**It all came crashing down after a therapy session in which Rodney couldn't connect with R.J. Holly, you called Rodney to the carpet and said, "Either you're on this team, or you've got to go."**

**RODNEY:** It was a sort of meeting of the minds about R.J., and the therapists asked me to get down

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“Autism takes a team, that’s what Holly was trying to get me to understand. But I didn’t know how to be on the team.”



on the floor and try to interact with him, and he wasn’t responding to me; that was rough. Then to see him respond to someone else—instead of immediately going, “Okay, I get it,” I took it as, *I got set up. She’s making me look bad. I’m off!*

**HOLLY:** I think that was the lowest point, marriage-wise. I knew I had to give Rodney an ultimatum. There was part of me that couldn’t believe I was saying it, and another part of me that was like, This is what has to be said: “We’re going to have to figure this out because this ain’t working, and I’m going to have to leave you for R.J.” We didn’t use the D word too often, and that word was used more than once in that conversation.

#### How did that moment affect you, Rodney?

**ROONEY:** It made me let my guard down and be vulnerable. That was hard for me, because I had been expected to be strong and show confidence always—when you’re a quarterback, that’s what you’ve got to do. I was still angry, but I started to analyze the situation in a different way. It wasn’t about me. These people were trying to help my son and help me connect with my son.

In retrospect, it’s also made me think how ironic it is that my whole life has been spent on team sports. And you go on these autism walks with families, and they all have T-shirts that say, “Team Luke,” “Team Dan,” “Team Whatever,” and it blew me away. That’s what it takes, a team, and that’s what Holly was trying to get me to understand. But I didn’t understand at the time; I didn’t know how to be on the team.

#### Did things get easier after that?

**HOLLY:** They did. R.J. started to reach some milestones. It’s crazy when your son [with autism] says something that typical kids say every single day. He had been nonverbal for so many years, so like, “I don’t like pizza,” or “I hate my little brother” was a big deal, and Rodney and I were able to come together in those moments.

#### In your book, Rodney, you recommend that couples go to therapy. Why?

**ROONEY:** Therapy saved us. We went to counseling before we got married and laid some ground rules. That way of talking things out wasn’t part of my DNA; that was probably why we ended up getting married, because Holly knew I had the ability to change and do something different.

**HOLLY:** Rodney’s right—those therapy sessions before we got married were when I knew Rodney

was the guy for me. I knew enough about marriage to know that with guys, especially the macho football-player types, if they won’t sit down and discuss their feelings, you’re in trouble ‘cause you’re going to run into issues. We didn’t know our issue was going to be autism, but you’re going to run into something. The fact that Rodney was willing, that was humongous. Our therapist, Sharon, was the guest of honor at our wedding.

#### How often do you go now?

**HOLLY:** Once every few months, as needed. There are always going to be those moments in your relationship where you’re not going to be able to understand what the other person is trying to say.

**RODNEY:** [The issues we face] affect us in ways we don’t even know. Unless we really inspect them, we may never know. We think we can handle something, but unless you can get in tune with your history, your emotions, your everything—you’re gonna have problems.

#### Have you found different things that you appreciate in each other because of the journey that you’ve gone through?

**ROONEY:** I learned not to fight her instincts.

**HOLLY:** Oooh, good one.

**ROONEY:** There is a reality to a woman’s instinct, especially a mother’s instinct. May not be 100-percent correct, but there’s something to it. I still don’t always listen, but I’ve learned to appreciate that, yes, Mommy’s gut is right on.

**HOLLY:** I appreciate his sense of humor and playfulness so much. I’m more conscientious about allowing him to be that person again. For years I turned into one giant eye roll, and now I’m like, *Oh, yeah. That’s that Rodney that I fell in love with. That’s that guy I ate those fries in front of.*

#### Do you think this experience has made you better able to handle conflict as a couple, now and going forward?

**HOLLY:** Yes, it’s definitely brought us together. It’s the whole corny “What doesn’t kill you makes you stronger” thing. The problem with autism is that you don’t know if things are going to come out fine. You just have to tweak the expectations. And that’s what I knew I needed Rodney for—I needed a partner in that journey. We still have our issues, but there’s never any talk of our marriage being over or any of that stuff we used to talk about.

**ROONEY:** It’s Team Peete.

**HOLLY:** It’s Go Team Peete. **R**



#### WIN IT!

30 readers will each win a copy of *My Brother Charlie* and *Not My Boy!* (Value of set, \$42.) And all books are signed by the authors! To enter, go to [redbookmag.com/winit](http://redbookmag.com/winit). See page 223 for details.



## Getting a smile straight can be puzzling.

When it comes to putting together a straight smile for your child, an orthodontist completes the picture. Only orthodontists receive an extra 2-3 years of specialized education beyond dental school to learn the proper way to align and straighten teeth. Get your child's smile right. Find an orthodontist near you at [braces.org](http://braces.org), or ask your dentist for a referral.

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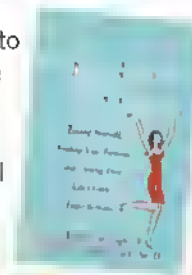
# Body & Mind

It's time to take  
care of you

## Capture the moment

What springs to mind when you gaze at a family snapshot from last summer? Most likely you recall how beautiful the day was—not the meltdown the kids had in the car 20 minutes later. “When we look back at events, the niggling details tend to fade away, and we recall the essence of the moment,” says Lucy Danziger, coauthor, with Catherine Birndorf, M.D., of *The Nine Rooms of Happiness*. In the present, it’s easy for everyday annoyances to bring down your mood. So focus on the big picture: The next time you’re having a pretty good day, imagine how the scene would look in a snapshot.

That simple action gives you the gift of perspective that forces minor frustrations into the background, where they belong, says Danziger. “Realize that you’ll likely look back on today years from now and think: *Those were good times.*”



# Yes, You Can

be healthier this month

## Let your workout go to the dogs

Turn your furry friend into a fitness buddy with the help of *My Best Friend's Workout*. Seattle-based fitness instructor Tricia Murphy Madden's new DVD provides tips on how to make your daily dog walk a total-body workout by adding exercises like lunges, jumps, and isometrics that both you and pups of all ages, breeds, and sizes will love. Motivation provided by Fido. (\$24.95, [mybestfriendsworkout.com](http://mybestfriendsworkout.com))

## Get choosier about chicken

Before you buy the biggest bird in the poultry case, know this: A study by Foster Farms found that chicken is often plumped with salt water to add flavor and bulk—which can boost the sodium content by as much as a whopping 700 percent, and the price by about \$1.50 per package. So check the nutrition label: Chicken should have 50 to 75 milligrams of sodium per 4-oz serving. If the level is too high for you, soak it in water overnight to draw out salt, says Kenneth McMillin, Ph.D., a professor of meat science at Louisiana State University.

## Become a lifesaver

Afraid to give mouth-to-mouth? Good news: A hands-only technique called Continuous Chest Compression CPR, in which a rescuer pushes on an unconscious person's chest about 100 times per minute, is actually preferable to traditional CPR (in which chest compressions alternate with mouth-to-mouth breaths) because it lessens interruptions to compressions, says emergency doctor Ben Bobrow, M.D., of Mayo Clinic. Learn how to perform it in just two steps at [handsonlycpr.org](http://handsonlycpr.org)—doing so could mean the difference between life and death.

## Beat the blues without an Rx

Antidepressants can provide blessed relief, but if they're not doing it for you, don't lose hope. For sufferers of mild to moderate depression, the medications work no better than placebos, according to a new *Journal of the American Medical Association* study—meaning that nondrug remedies, such as talk therapy, may help when drugs don't. Talk to your doctor about other treatment options; the simple step of engaging actively in your treatment can help improve your outcome, says lead author Jay Fournier.



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# Relax & renew Doze off to de-stress



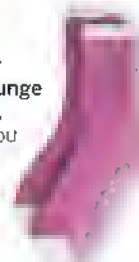
No guilt about squeezing in a siesta: Just a 15- to 30-minute snooze can score you serious mental and physical benefits—including less stress, more energy, and better memory. "Your catnap will be the most renewing if you take it between 1 and 3 p.m.," says Sara Mednick, Ph.D., the author of *Take a Nap! Change Your Life*. "It'll replenish your energy but won't make it harder for you to fall asleep at night." So sneak off for some shut-eye on your lunch break, arrive a few minutes early for school pickup and lay your head back—or simply wait for the weekend to indulge.

To make your naps extra-rejuvenating, curl up with these must-have accessories:

■ **Brookstone Quick n.a.p. Pillow**, \$20, helps you nod off to sleep no matter where you are.



■ **Karen Neuburger chenille lounge socks**, \$15, can coax you into cozy slumber.



■ **Bath by Bettijo sleep mask**, \$21, soothes a tired brow and blocks any nap-disrupting light.



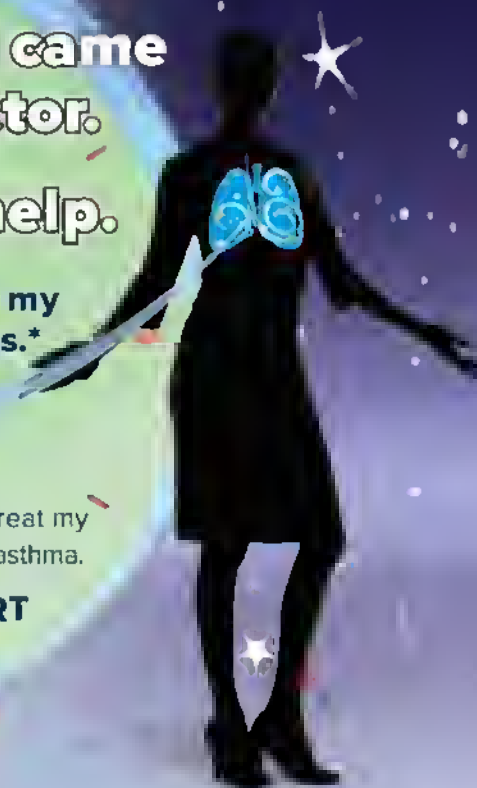
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The two medicines in SYMBICORT help treat my  
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**Ask your doctor if SYMBICORT  
is right for you.** 6

\*Your results may vary.



## IMPORTANT INFORMATION ABOUT SYMBICORT

### Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta<sub>2</sub>-agonist (LABA). Medicines containing LABAs may increase the chance of asthma-related death. So, SYMBICORT should be used only if your health care professional decides another asthma-controller medicine alone does not control your asthma or you need two controller medicines.

While taking SYMBICORT, never use another medicine containing a LABA. SYMBICORT won't replace rescue Inhalers for sudden asthma symptoms. Do not use SYMBICORT more than twice a day. If you are taking SYMBICORT, see your health care professional if your asthma does not improve or gets worse.

Some people may experience increased blood pressure, heart rate, or change in heart rhythm. Tell your doctor if you have a heart condition or high blood pressure. If you are switching to SYMBICORT from an oral corticosteroid, follow your doctor's instructions to avoid health risks when you stop using oral corticosteroids.

**For more information, go to [MySymbicort.com](http://MySymbicort.com)  
or call 1-888-777-4350.**

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your medication, AstraZeneca may be able to help.  
For more information, please visit [www.astrazeneca-us.com](http://www.astrazeneca-us.com).*

Avoid exposure to infections such as chicken pox or measles. Tell your health care professional immediately if you are exposed.

In clinical studies, common side effects included nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, and stomach discomfort.

### Approved Uses for SYMBICORT for Asthma

Prescription SYMBICORT is a controller medicine for the long-term maintenance treatment of asthma. SYMBICORT is for people 12 years and older whose doctor has decided are not well controlled on another asthma-controller medicine or who need two asthma controller medicines. SYMBICORT is not for the treatment of sudden asthma symptoms.

**Please see Important Product Information on adjacent page and  
discuss with your doctor.**

*You are encouraged to report negative side effects of prescription  
drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.*

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# IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

## WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

In patients with asthma, long-acting beta<sub>2</sub>-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.

SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta<sub>2</sub>-agonist medicine) with you. If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.

Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.

Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

## WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine taken twice a day, every day, over long periods of time to control asthma and chronic obstructive pulmonary disease (COPD).

### Asthma

SYMBICORT 80/4.5 mcg or 160/4.5 mcg is used long-term, two times each day, to control symptoms of asthma and prevent symptoms such as wheezing in patients age 12 years and older.

### Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used every day, two times each day, to help improve lung function for better breathing. In adults with COPD.

SYMBICORT contains two medicines:

- Budesonide (the same medicine found in PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
- Formoterol (the same medicine found in Foradil® Aerolizer™) is a long-acting beta<sub>2</sub>-agonist medicine, or LABA. LABA medicines are used in patients with COPD and asthma. LABA medicines help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away.

## WHO SHOULD NOT TAKE SYMBICORT?

You should not take SYMBICORT if your health care professional decides that your asthma or COPD is well controlled using another medicine, or you only use a fast-acting inhaler once in a while.

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

## WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are allergic to any medications
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant because it is not known if SYMBICORT may harm your unborn baby
- are breast-feeding because it is not known if SYMBICORT passes into your milk and if it can harm your baby. You and your health care professional should decide if you will be taking SYMBICORT while breast-feeding.

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get a new medicine, just to be sure there are no potential drug interactions.

## HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional. SYMBICORT should be taken twice (2 puffs each time) every day as prescribed by your health care professional.

SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care professional will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- Make sure that you rinse your mouth with water after each dose (two puffs) of SYMBICORT without swallowing and spit the water out.
- Do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care professional.
- Always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT.

## Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, or tongue; or breathing problems

Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use four or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week
- you have COPD and notice any symptoms such as increase in mucus or change in mucus color, fever, chills, increased cough, or increased breathing problems because these symptoms may mean you have pneumonia or another lung infection

## WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta<sub>2</sub>-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Aclair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil® Aerolizer®, Bravana®, or Perforomist®

## WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Increased risk of pneumonia if you have COPD
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Immune system effects and a higher chance for infections
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness

## WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

Adults and children age 12 years and older with asthma

- Headache
- Sore throat
- Oral thrush
- Upper respiratory tract infection

Patients with COPD

- Oral thrush

Long-acting beta<sub>2</sub>-agonists may increase the risk of asthma-related death. Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her. SYMBICORT is a registered trademark of the AstraZeneca group of companies. Other brands mentioned are trademarks of their respective owners and are not trademarks of the AstraZeneca group of companies. The makers of these brands are not affiliated with and do not endorse AstraZeneca or its products.

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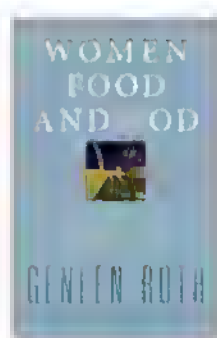
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# 5 ways to end your war with food

In her new book, *Women, Food, and God*, writer and teacher Geneen Roth reveals how to end our painful obsession with our weight, our food, and our bodies—once and for all.



Geneen Roth is the author of seven books on compulsive eating. Her California retreats and workshops around the country help women explore their relationship with food. For more information, visit [geneenroth.com](http://geneenroth.com).

I've been helping women with their food issues for many years through my books, my retreats, and my workshops around the country. I started doing it because I was utterly tortured by my relationship with food and believed that if I got thin, my life would be much better and I would be happy. I had been dieting since I was 11, and always lost weight on any diet, but in six months or a year the weight would come back and I'd start the cycle again. By age 28, I had been watching myself very carefully for a couple of years, and I just couldn't stand it anymore: I went on a knock-your-socks-off binge and gained 80 pounds in a couple of months. And then I became suicidal—I had been dieting and bingeing for 17 years, and I knew that I didn't want to keep living like that. My self-loathing was so intense, and I didn't see a way out besides going on another diet—and I knew I couldn't do that, because the weight would only come back. So I stopped dieting, started eating what my body wanted, and reached my natural weight—and a new lightness of being. These are the five key steps I followed along the way.

## 1. Realize that the size of your body isn't just about food

We make weight into the big bad problem. We think that it, and our obsession with food, are what's "wrong" with us. I went through years believing that. At least in my own case, nothing changed until I stopped warring with myself and I became interested in what my relationship with food was really about. I do think the big picture here, the first step, is to realize that what you do with food is an expression of all the self-defeating beliefs you have about yourself and your life. It isn't just about food. Most people don't understand that the way they eat is inseparable from the way they live.

Here's an everyday example. Say I'm not taking my time with food, that I'm eating on the run, standing at the refrigerator, or in the car. That's just an expression of the belief that I can't take time for myself—that that kind of time is not allowed, that other things are more important than I am. Instead, ask yourself: What do you want to be doing with your time? Does that even enter your mind? Do you

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Fitness Group

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ANYWHERE!**

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## Body & Mind

disregard yourself? Is there a way you could include more of what you truly want in your life? Everything is connected: If you feel guilty for eating one cookie, for instance, what does that say about the pleasure you deprive yourself of in daily life? Nothing is going to change if you're not curious about why you're using food and what you really need instead.

### 2. Understand that weight loss isn't everything—but it is something

Being thin does not lead to happiness. It does not. All you have to do is read the magazines and watch television to learn about all the thin, rich, beautiful celebrities who are in and out of rehab, crashing their

**If you eat when you're not hungry, you're using food as a drug. And the question is: Why?**

cars, getting in and out of marriages. A lot of the people I work with have lost weight five or 10 or 30 times in their lives. Losing weight did not make them forever happy. If it did, they wouldn't be coming to see me, sitting at my retreat. So, as I say in my book, it's not about the weight.

But it's not *not* about weight if you're uncomfortable in your body. There's a way of being in your body, a lightness, that can be a pleasure. Do your back or joints hurt? Are bending or walking or just sitting in a chair difficult for you? When you're physically uncomfortable, when going to the movies is challenging and flying is torturous, the weight is a problem. You become so burdened that life becomes about your limitations.

### 3. Go ahead and feel bad

Too many people eat to avoid the pain or discomfort they're feeling. But this only creates more discomfort. When you eat past what your body says is enough, you end up burping, farting, just being

terribly uncomfortable. Now you've doubled the pain, because you're still in pain about what you ate to avoid.

Let's say that I'm very angry or I have a broken heart. I don't really know what to do about it. I'm so uncomfortable feeling those feelings, and my belief is that if I allow myself to really feel them, then I will destroy myself—I'll be overwhelmed, I'll become completely enraged, or I'll cry so much that I'll never get off the bed, and I won't be able to function. These are the things we tell ourselves. I'll often say to somebody, "Okay, let's just sit here and be with that sadness for a couple of minutes and see if it destroys you." And of course it never does. If you can allow what you're feeling to simply be there, after a while you start being more interested in finding your way to happiness rather than suffering. You start understanding what you do to cause your own suffering. And then you sort of say, Choice A or Choice B. I can keep doing this and be to-

tally miserable, or I can stop. I can open another bag of chips and feel even worse than before I ate it, or I can become interested in what's happening that makes me feel that I need to eat.

### 4. Believe that you deserve happiness

I want people to see that overcoming their problem with food isn't just about willpower or thin thighs or a flat belly. It's not a banal problem that can be fixed like that. When people turn to food when they're not hungry, they're using food as a drug. And the question is: *Why?* It could be an expression of boredom or loneliness or sadness or anger. But to me, people who use food when they're not hungry, and don't stop when they've had enough, are indicating that they've given up on themselves. They're basically saying that the only pleasure or the biggest pleasure I have in my life—all that's left for me—is to eat. And that's a spiritual issue, as well as a psychological and emotional one. All

of us are longing for something that we can't even name. You can call it the meaning of life, or wonder, or mystery, or you can call it God. But there's a longing for something many of us can't quite put into words. I want people to see how they are filling that longing with food—and that if they stop, they can rediscover themselves and realize that there are other, healthier ways to feel good and to really, truly live.

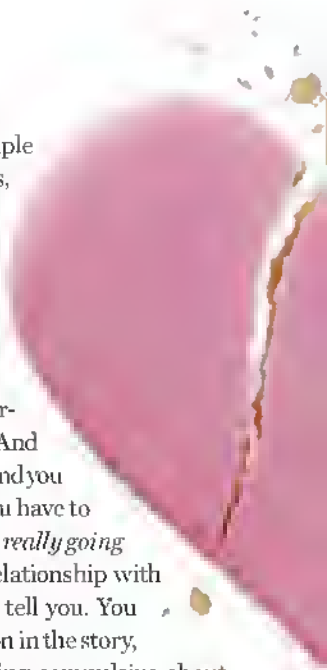
## 5. Eat when you are hungry

We're conditioned into the diet mentality of what we're *supposed* to be eating. So when I first tell people at my retreats that they should eat what they want, there can be an initial "Oh, wow, she's telling me I can eat everything in sight!" That's not what I'm saying. There's no way of skipping through that stage of feeling like you've suddenly been let out of prison and now you're going to eat brownies. But I know

that when I first stopped dieting, I ate a couple weeks' worth of chocolate chip cookie dough, and I felt sick. That's what happens. You'll find very quickly that a diet of brownies and ice cream doesn't give you energy. It makes you sick and spaced out and depressed. Your body will gravitate away from sugar and fat, and you will reach your natural, healthy weight.

Once you're ready to try this, start slowly. Begin by saying, *Okay, I'm going to eat when I'm hungry once a day, and I'm going to be very kind to myself.* I often say to myself, *What's the kindest thing you could do for yourself right now?* It's not kind to stuff your body, to walk around with that discomfort. But it's important that people understand that what they really need to do is develop a way to treat themselves with utmost kindness. And food is, in many ways, the most obvious and the easiest place to start, because we

all have to eat a couple times a day. So yes, start with food. Because if you say to yourself, *I'm going to eat when I'm hungry today, once today*, that means you'll have to ask yourself if you're hungry. And if you're not hungry and you want to eat, then you have to ask yourself, *What's really going on?* It's as if your relationship with food has a story to tell you. You need the information in the story, not just to stop being compulsive about food but also to live the life you want to live. And that's possible no matter how many times you've tried, no matter how many times you believe you've failed. As long as you're above ground, it's possible. **R**

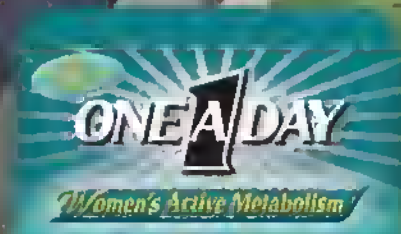


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# How to find your *me time*

**18 ways to squeeze a little piece of peace of mind into even your busiest day.**

You already know how important it is to carve out time for yourself. It helps you recharge and put your life into perspective—plus, it boosts both mental and physical health, says Patricia Farrell, Ph.D., a psychologist and the author of *How to Be Your Own Therapist*. Yet a lot of us don't always know how to claim a little me time—maybe because we think we need a full day or weekend (or even a whole month!) alone to truly relax. But even a short, simple break can go a long way toward refreshing you. Here, 18 women reveal their favorite just-for-me moments. Let them inspire you to find a slot in your day to claim for your own! **By Jennifer Matlack**



**4:45 a.m.**

**"I write in my journal and say affirmations."**

In the morning the house is always quiet, so I use that peaceful time to journal and say my daily affirmations. I write what I'm happy about or what's weighing on me and then I recite my affirmation. My current one is: *I am blessed. I am healthy and joy-filled. I live a balanced life by dedicating time each day to God, myself, my husband, and my family. I am tempered and patient in my work outside of my home. I lead by principle and example.* After many repetitions, I find that my mind becomes still and quiet. I feel centered and purposeful and more at peace with the day ahead.

**Kali Evans-Raoul, 38**  
President of a communications firm  
Chicago

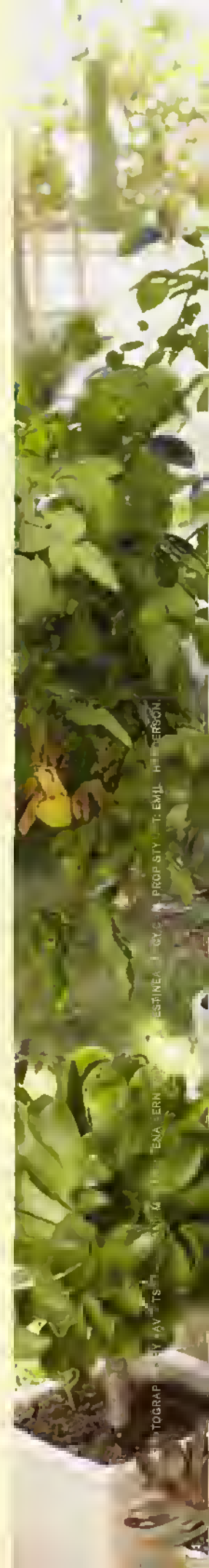


**6:45 a.m.**

**"I connect with other women like me online."**

After my husband leaves with our daughter for school and before I go to work, I sit on the couch with my laptop and post to my blog and also check Twitter, Facebook, and Plurk. Having this time helps me gather myself mentally. I feel like I unclutter my mind and get more organized. It also allows me to connect with other women online who are dealing with the same trials and tribulations as me. Knowing that I'm not the only mom out there trying to balance work and parenthood makes me feel less alone and more sane.

**Melanie Edwards, 28**  
Technology specialist  
Orlando, FL



**“Taking care  
of my plants  
reminds  
me to take  
care of  
myself too.”**




 **7 a.m.**

**“I tend to my  
plants.”**

I pick off dead leaves, rotate the plants, and spray them with water. Sometimes I'll even talk and sing to them. Spending time taking care of my plants relaxes me. It also reminds me to slow down and take care of myself too.

**Shay Olivarría, 30**  
Runs financial workshops for kids  
Lawndale, CA

 **7:20 a.m.**

**“I head outside  
with my dog.”**

After I get breakfast on the table and lunches made, I'm out the door with my dog, Zaiyah. I notice the birds and squirrels, the color of the leaves. Our walk is brisk but peaceful, and I come back energized and ready to tackle another day.

**Kristi Kovalak, 41**  
Marketing executive  
St. Louis

 **8:30 a.m.**

**“I enjoy a  
peaceful walk.”**

After I get the kids off to school, I walk to the train station to catch the train for work. No emails, no telephones, no questions to answer—it's my alone time. On bad-weather days, neighbors will offer me a ride, but I always say, “No, thanks.” The people who know me well just smile, wave, and pass me by.

**Carol Fitzgerald, 44**  
Marketing executive  
Scarsdale, NY




Mighty

**New**  
snack size!



## Mini


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 **10:30 a.m.**

**"I drink tea and flip through magazines."**

Midmorning, I like to get up from my computer and have "tea time." I pour myself a giant mug of hot organic green tea and, while I sit on the couch in my bright living room, I thumb through fashion and home-decor magazines. The pictures inspire me. They also make me forget the sad, shocking, and crisis-oriented news headlines that I see online in the morning. By the time I sit back down at my computer, I feel upbeat and more positive about the world.

**Kami Gray, 42**  
TV wardrobe/set designer  
Portland, OR

 **1 p.m.**

**"I cuddle with my cat."**



I groom, play with, and bury my face in the belly of my beloved cat, Simba. This little bit of time together helps

strengthen our bond, but it also decompresses and refuels me. My focus is on him instead of being on my work or my worries. When he puts a big paw on my cheek and we look into each other's eyes, I feel like I can go back to my desk and conquer anything.

**L.A. Pomeroy, 47**  
Equestrian sports journalist  
Northampton, MA




**"After a hot, quiet soak, I'm less stressed running around with all the kids."**

 **1:30 p.m.**

**"I chill out in my hot tub."**

I go outside on my back porch and soak in the hot tub as often as I can. This forces me to relax after a hectic morning and prepares me for my second job of picking up my three boys from school and carting them around to the library, soccer and baseball practice, and karate lessons. I find that after a hot, quiet soak, I'm less stressed running around with all the kids and trying to accommodate all of their schedules.

**Wendy Walker, 42**  
Author  
Stamford, CT

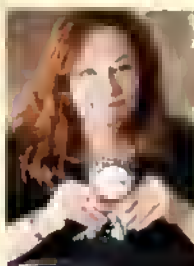
 **1:45 p.m.**

**"I color with crayons."**


Believe it or not, I color in a My Little Pony coloring book. The smell of crayons takes me back to kindergarten, when I was carefree and didn't have so many responsibilities. I shut everything out and focus on coloring

one page. The process is a form of meditation for me. My whole body relaxes. Afterward, I'm calm, focused,

and ready to face the next half of the day.



**Jamie Novak, 36**  
Professional organizer  
Scotch Plains, NJ

 **2 p.m.**

**"I build my muscles."**

I lift weights (I work from home and have a workout room), and when I'm finished I feel refreshed, empowered, and like superwoman, supercharged! I truly feel that spending this time alone doing something I love leaves a positive impact on everyone around me—it makes me a healthy role model, I'm more patient, and, because I'm taking good care of myself, I can better take care of others.

**Sunni Patterson, 41**  
Business owner/entrepreneur  
Barrington, IL

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**“By getting a different perspective, I give myself a chance to regroup.”**



**2:15 p.m.**

**“I ride on my moped.”**

Coasting around the neighborhood is a great way to get myself in the present moment—you can’t drift off thinking about your to-do list or else you’ll crash! As I pass by parks full of retirees playing board games, I wonder what their stories are. When I come back to work after my spin, I’m always relaxed and thankful that I live in such an interesting place.

**Jan McInnis, 48**  
Comedian  
Los Angeles



**3 p.m.**

**“I practice a yoga move.”**

Your body and mind are like your computer. All three need a regular opportunity to shut down and restart! So whenever I’m feeling overwhelmed or fatigued, I like to lie on my back with my legs up on the wall. This move clears my head, helps me relax my muscles, gets rid of my headache if I have one, and restores my sense of calm. Putting my legs up the wall is also a great way to recharge at that low-blood-sugar time of day instead of having coffee or a candy bar. By restoring blood flow to the brain and getting a different perspective, I give myself a chance to regroup.

**Noel Schroeder, 39**  
Yoga instructor/energy healer  
West Newbury, MA

**4 p.m.**

**“I check in with family and friends.”**

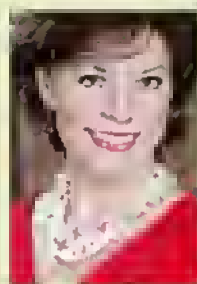
Whenever I head out to run afternoon errands in my car, I put on my headset and make quick phone calls to friends or family. Either I play catch-up with them for 15 minutes or, if they’re not around, I’ll leave voice mails or messages on their answering machines. For me, this is me time because I’m a big relationship person, so being able to connect with others or simply let them know I’m thinking of them fills my heart and refuels me.

**Kate Larsen, 50**  
Life coach  
Minneapolis

**6 p.m.**

**“I play the piano.”**

I sit down at my Steinway grand piano right after I get home from my work day and lose my thoughts



in music. For years, my job, my family and friends, housework, and caring for my elderly father in my home took me away from

playing the piano. But happily, I rediscovered this joy last year, and ever since then I have permitted myself to make time for playing every day. Because I have to concentrate on whatever piece of music I’ve chosen, other stresses of the day disappear. There’s no way you can think about your problems while you’re playing Chopin!

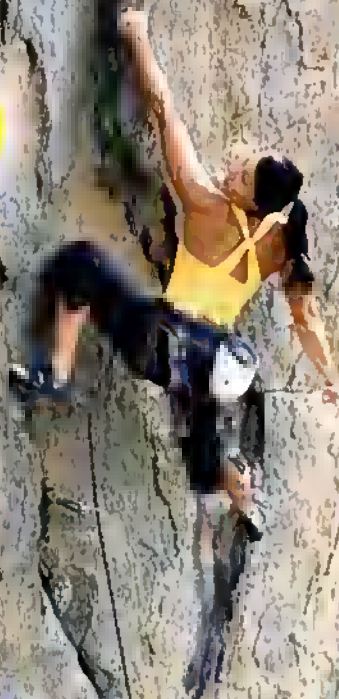
**Susan Wilson Solovic, 52**  
Women’s entrepreneurial executive  
St. Louis

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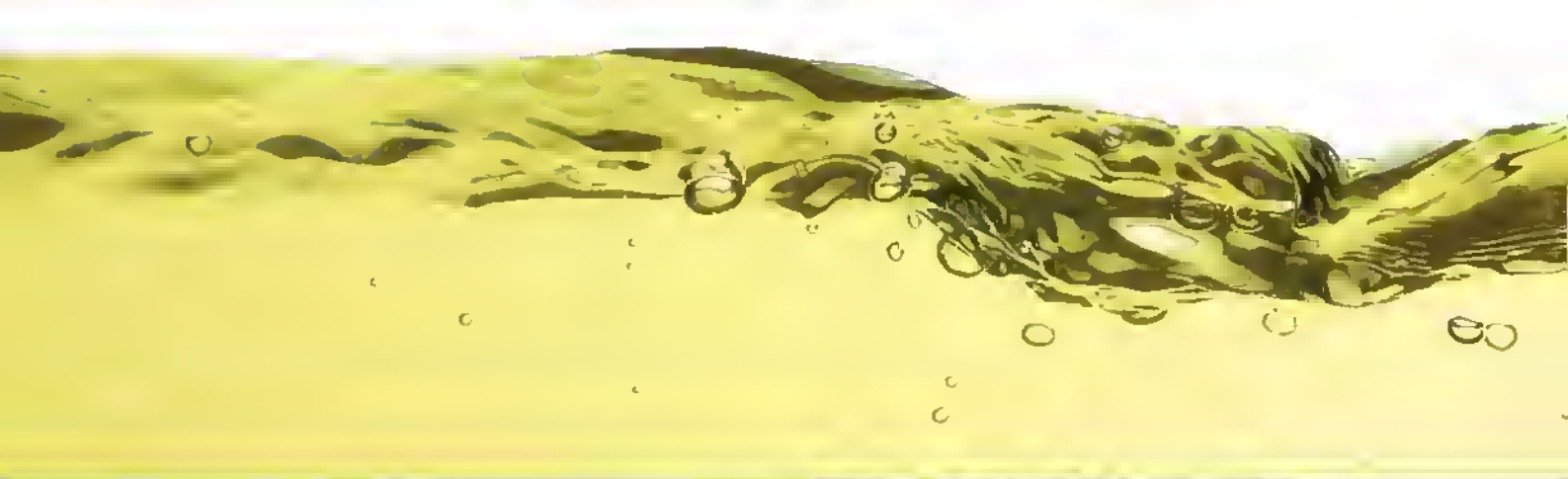
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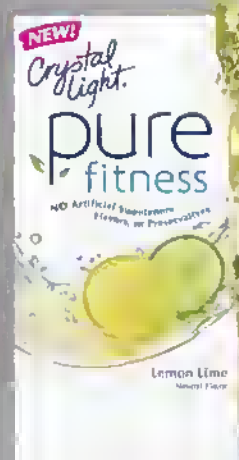
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7:45 p.m.

**"I list what I'm grateful for."**

Right after I've put my sons to bed, I turn off the TV, phone, and lights, sit on my bed in the dark, and simply cherish the silence. The quiet gives me time to count my blessings and thank God for another day. Afterward, I'm a renewed ball of energy.

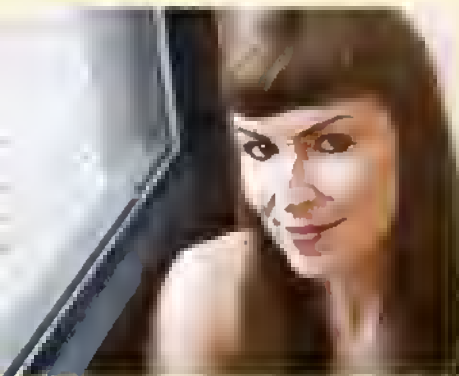
**Simi Sanni Nwogugu, 33**  
Business coach  
New York City

8 p.m.

**"I tune in to the sights and sounds around me."**

My me time happens when I'm riding the train home after teaching yoga classes. Sometimes I read a classic novel, but after a day of thinking and teaching about deep, soulful concepts, sometimes I just want to read *People* magazine and check in with how Brangelina are doing. And I love the subway sounds and watching people. It clears my mind and gives me a few minutes to decompress before I go home to my partner and start another round of relating.

**Sadie Nardini, 37**  
Yoga studio owner  
Brooklyn, NY



**"Looking at the beauty of nature, with all its colors, fills me with ideas."**



9 p.m.

**"I look at nature photography."**

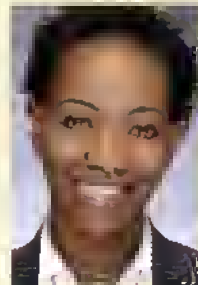
I like to look at photography of flowers, plants, and gardens to get inspiration for the napkins, pillows, and scarves I design. I've accumulated a huge library of gardening books and photos, but mostly I look at images that I've taken, either in my garden or in other gardens I've visited. I'll study the curves of the leaves and the color combinations of the flowers and try to duplicate them in my sketches. Looking at the beauty of nature, with all of its colors and textures, fills me with ideas. For the rest of the evening, I feel creative and so excited and energized about my art.

**Kristene Smith, 40**  
Home fashions designer  
Sacramento, CA

11 p.m.

**"I take a steaming hot shower."**

Once my family is asleep, I go into the bathroom and turn on the shower as hot as I can stand it. I pretend I'm on a secluded island in an outside shower surrounded by palm trees. By the time I step out, the bathroom is full of steamy fog, and I still feel like I'm on that island, where there are no computers, no deadlines, no children to convince of bedtime, and no external responsibilities. I go to bed feeling relieved, refreshed, and renewed.



**Ericka Alston, 38**  
Public relations executive  
Baltimore

Rich Cheddar  
Flavor

Creamy  
Monterey Jack  
Taste

Best of Both  
Worlds!



**~YOU CAN COOK A MEAN SKILLET~  
OR YOU CAN SLEEP IN,  
THEN COOK A MEAN SKILLET**



**YOU'RE JUST SIX EGGS AWAY FROM A HEARTY  
BREAKFAST THE ENTIRE FAMILY CAN ENJOY.**

**Shine On**

# Making It Work

Life's complicated. Here's how we do it.



## Moms are so plugged in!

Want the scoop on the latest gadget? Try asking a mom. Not only are mothers less likely than college students to feel overwhelmed by new technology (according to a survey of 1,000 people that included 300 moms and 300 college students), but they're also making their mark on the blogosphere: More than one in five moms mastermind a blog. Next up: mom-created tween avatars—ones who do their own laundry!

# What Works

## Barbie means business!

The only thing Barbie loves trying on more than fashion looks is careers—she's had 125 of them, including her latest, **computer engineer**. Now Mattel's new campaign, Barbie "I Can Be," has partnered with Take Our Daughters and Sons to Work Foundation to encourage girls' exposure to the workplace, and Barbie and the White House Project have written a declaration to foster the next generation of female leaders. Log on to [icanbe.barbie.com](http://icanbe.barbie.com) and [thewhitehouseproject.org/barbie](http://thewhitehouseproject.org/barbie) to learn more.



## Want to work from home? Here's how.

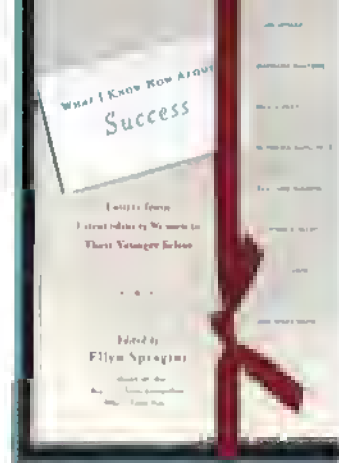
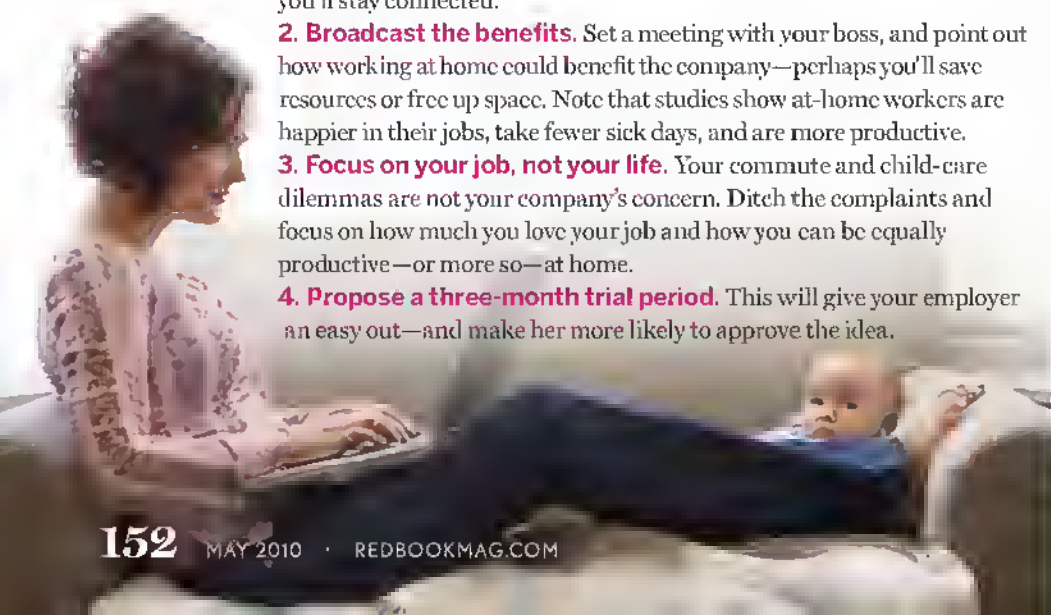
Twenty percent of Americans say they'd take a 5-percent pay cut if they could work a few days at home. But you may not have to sacrifice a penny. Follow these tips from Leslie Treux, author of *The Work-at-Home Success Bible*, on how to ask your boss for this prized perk.

**1. Prepare your case.** Make a list of tasks you can do at home and another of those that require in-office time, plus an outline of how you'll stay connected.

**2. Broadcast the benefits.** Set a meeting with your boss, and point out how working at home could benefit the company—perhaps you'll save resources or free up space. Note that studies show at-home workers are happier in their jobs, take fewer sick days, and are more productive.

**3. Focus on your job, not your life.** Your commute and child-care dilemmas are not your company's concern. Ditch the complaints and focus on how much you love your job and how you can be equally productive—or more so—at home.

**4. Propose a three-month trial period.** This will give your employer an easy out—and make her more likely to approve the idea.



## Be your own success story

Some say success means a fancy job title, others think it's owning a beautiful home, and still others feel it's the feat of simply getting out the door in one piece each morning. You probably have your own definition of success, and so does each of the 33 women who contributed to *What I Know Now About Success: Letters From Extraordinary Women to Their Younger Selves*, a new book edited by Elyn Spragins. These women's words will resonate with what you already know to be true: There are as many ways to be successful as there are women to dream them up. Read on and get inspired.

"If you take a detour or two, it will not hurt your prospects.... Detours and side trips will add depth to your abilities—and your career—in unexpected ways. Slow down and it will all come together." —Jean Chatzky, financial advisor and author of *Money 911*

"Fear is a poison for which you have an antidote, but you don't know it yet. The antidote is knowing how strong you are, how much you can handle, how you bend but do not break no matter how difficult the things around you become." —Kitty Kolding, president of House Party, an in-home party marketing company

"Stop feeling pressured to lead a perfectly balanced life.... Don't feel guilty that some aspect of your life is getting short shrift. If you do the best you can, it will be more than enough." —Sylvie Rochette, CEO of Victorian Epicure, a gourmet food company

Change the  
way your  
kids see water.



**NEW**

**Kool-Aid Fun Fizz drink drops** make water  
so fun, your kids will ask for more. Plus, it's just 5 calories.





Mind Over Money

BY BETH KOBLINER

# Face up to your financial future



Beth Kobliner is the author of the *New York Times* best seller *Get a Financial Life*. She can be heard each week on the nationally syndicated public-radio show "The Takeaway." Visit her at [bethkobliner.com](http://bethkobliner.com).

**I** came upon a piece of research the other day that caught me completely by surprise: Nearly half of women suffer from what's called "bag-lady syndrome"—a none-too-PC term for the fear of finding yourself suddenly destitute, especially in old age. This fear plagues even those earning as much as \$100,000 a year—and in some ways, it's justified: Women earn 77 cents for each dollar men earn and live, on average, five years longer than men do, so we *are* more likely to find ourselves with dwindling resources as we age. But even though we're all still feeling insecure as a result of the Great Recession, believing that we're a few tricky twists of fate away from becoming penniless is as self-defeating as believing that some Prince Charming is going to come to our financial rescue. And the danger of financial fantasizing—and catastrophizing—is that it offers us an easy excuse to simply throw up our hands, assume everything's out of our control, and do nothing. But there is a lot you *can* do to plan for the future. And it's not that hard. Or scary. Here are three key steps you need to take now:


**1. Build an emergency fund with at least six months of living expenses.** A recent poll found that 61 percent of people don't have a three- to six-month safety cushion, though they claim it's their number-one financial goal. Even just thinking about saving up such a large amount can be daunting, so do it gradually. Have \$50 or \$100 automatically withdrawn each month from your checking account and plopped into a savings account. And remind yourself frequently to curb spending so that you can feed your savings. One trick: Stick a Post-it that reminds you to save instead of spend right on your credit card. Next time you reach for the plastic, this visual trigger will help you just say no; then,

leave the store empty-handed, head to an ATM, and transfer the amount of that foregone purchase from checking into savings instead.

## 2. Embrace the magic of compound interest.

If you start putting away \$1,000 a year at age 30 and earn a modest 5 percent interest per year, you'll have \$126,840 at age 70. So you've technically only invested \$40,000, but you've managed to triple your total. Begin at 35, and you'll have \$94,836. Even if you wait until 40, you'll have almost \$70,000. No matter your age, you need to start socking the cash away *now*. A company-offered 401(k) with matching—meaning for every dollar you put in, your company adds 50 cents or even another dollar—is your best option, if it's available to you. If not, open a Roth Individual Retirement Account (IRA). You can have \$100 a month—think of it as a tad more than \$3 a day—siphoned out of your paycheck and automatically funneled into a Roth IRA.

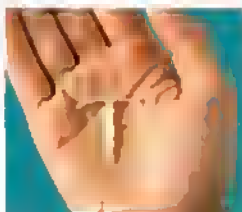
**3. Get health insurance.** The number-one reason people go bankrupt is an unexpected medical emergency. If you're insured at work and get laid off, under the law known as COBRA, you're legally entitled to keep your current coverage for 18 months—but you'll probably have to pay for it. (If you lost your job before March 31, 2010, the government may pay for up to 65 percent of your COBRA premiums for up to 15 months. Get details at [dol.gov/cobra](http://dol.gov/cobra).) If you're not employed or don't have health benefits, look for low-cost catastrophic coverage from [chealthinsurance.com](http://chealthinsurance.com). And if you truly can't afford to insure yourself, you may at least be able to get coverage for your kids at [insurekidsnow.gov](http://insurekidsnow.gov). Protecting your family the best you can adds up to a healthy bottom line. **R**



Because you're busy,  
you need birth control that helps simplify your life.



BAYER, the Bayer Cross, and Mirena are registered trademarks of Bayer.  
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## Consider Mirena®

Mirena is birth control you don't have to think about taking every day, every month, or even every year. It's a small intrauterine contraceptive made of soft, flexible plastic that's put in place by your healthcare provider during an office visit and all you have to do is check the threads of Mirena once a month.

What else should you  
know about Mirena?

- Over 99% effective at preventing pregnancy for as long as you want for up to five years. In fact, it's one of the most effective forms of birth control
- When you choose to have Mirena removed, you can try to get pregnant immediately

**Indications & Usage:** Mirena (levonorgestrel-releasing intrauterine system) is a hormone-releasing system placed in your uterus to prevent pregnancy for as long as you want for up to 5 years. Mirena also treats heavy periods in women who choose intrauterine contraception.

**Important Safety Information About Mirena:** Only you and your healthcare provider can decide if Mirena is right for you. Mirena is recommended for women who have had a child. Don't use Mirena if you have a pelvic infection, get infections easily or have certain cancers. Less than 1% of users get a serious infection called pelvic inflammatory disease. If you have persistent pelvic or abdominal pain, see your healthcare provider. Mirena may attach to or go through the wall of the uterus and cause other problems. If Mirena comes out, use back-up birth control and call your healthcare provider. Although uncommon, pregnancy while using Mirena can be life threatening and may result in loss of pregnancy or fertility. Ovarian cysts may occur and usually disappear. Bleeding and spotting may increase in the first few months and continue to be irregular. Periods over time may become shorter, lighter or even stop. Mirena does not protect against HIV or STDs. For important risk and use information, please see the brief summary of patient information on reverse side.

**To learn more about Mirena,**  
call 1-877-MIRENA-2 or visit [www.mirena-us.com](http://www.mirena-us.com)

 **Mirena®**  
(levonorgestrel-releasing intrauterine system) 20mg per day  
**Keep life simple.**

You are encouraged to report negative side effects of prescription drugs to the FDA.  
Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

## Mirena®

(levonorgestrel-releasing intrauterine system)

### BRIEF SUMMARY OF PATIENT INFORMATION

(Consult Patient Insert for complete patient information)

For more information about Mirena, visit [mirena-us.com](http://mirena-us.com).

### Mirena does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

This information does not take the place of talking with your gynecologist or other healthcare provider who specializes in women's health. If you have any questions about Mirena, ask your healthcare provider. You should also learn about other birth control methods to choose the one that is best for you.

### Who might use Mirena?

You might choose Mirena if you:

- Want birth control that provides a low chance of getting pregnant (less than 1 in 100)
- Want birth control that is reversible
- Want a birth control method that does not require taking it daily
- Have had at least one child
- Want treatment for heavy periods and want to use a birth control method that is placed in the uterus to prevent pregnancy.

### Who should not use Mirena?

Do not use Mirena if you:

- Might be pregnant
- Have had a serious pelvic infection called pelvic inflammatory disease (PID) unless you have had a normal pregnancy after the infection went away
- Have an untreated pelvic infection now
- Have had a serious pelvic infection in the past 3 months after a pregnancy
- Can get infections easily. For example, if you have:
  - More than one sexual partner or your partner has more than one partner
  - Problems with your immune system
  - Intravenous drug abuse.
- Have or suspect you might have cancer of the uterus or cervix
- Have bleeding from the vagina that has not been explained
- Have liver disease or liver tumor
- Have breast cancer now or in the past or suspect you have breast cancer
- Have an intrauterine device in your uterus already
- Have a condition of the uterus that changes the shape of the uterine cavity, such as large fibroid tumors
- Are allergic to levonorgestrel, silicone, or polyethylene.

### Before having Mirena placed, tell your healthcare provider if you:

- Have had a heart attack
- Have had a stroke
- Were born with heart disease or have problems with your heart valves
- Have problems with blood clotting or take medicine to reduce clotting
- Have high blood pressure
- Recently had a baby or if you are breast feeding
- Have diabetes (high blood sugar)
- Use corticosteroid medications on a long-term basis
- Have severe migraine headaches.

### How is Mirena placed?

First, your healthcare provider will examine your pelvis to find the exact position of your uterus. Your healthcare provider will then clean your vagina and cervix with an antiseptic solution, and slide a thin plastic tube containing Mirena into your uterus. Your healthcare provider will then remove the plastic tube, and leave Mirena in your uterus. Your healthcare provider will cut the threads to the right length. Placement takes only a few minutes during an office visit.

You may experience pain, bleeding or dizziness during and after placement. If these symptoms do not pass 30 minutes after placement, Mirena may not have been placed correctly. Your healthcare provider will examine you to see if Mirena needs to be removed or replaced.

### Should I check that Mirena is in the proper position?

Yes, you should check that Mirena is in proper position by feeling the removal threads. You should do this after each menstrual period. First, wash your hands with soap and water. Feel for the threads at the top of your vagina with your clean fingers. The threads are the only part of Mirena you should feel when Mirena is in your uterus. Be careful not to pull on the threads. If you feel more than just the threads, Mirena is not in the right position and may not prevent pregnancy. Call your healthcare provider to have it removed. If you cannot feel the threads at all, ask your healthcare provider to check that Mirena is still in the right place. In either case, use a non-hormonal birth control method (such as condoms or spermicide) until otherwise advised by your healthcare provider.

### How soon after placement of Mirena should I return to my healthcare provider?

Call your healthcare provider if you have any questions or concerns (see "When should I call my healthcare provider?"). Otherwise, you should return to your healthcare provider for a follow-up visit 4 to 12 weeks after Mirena is placed to make sure that Mirena is in the right position.

### What if I become pregnant while using Mirena?

Call your healthcare provider right away if you think you are pregnant. If you get pregnant while using Mirena, you may have an ectopic pregnancy. This means that the pregnancy is not in the uterus. Unusual vaginal bleeding or abdominal pain may be a sign of ectopic pregnancy.

Ectopic pregnancy is a medical emergency that often requires surgery. Ectopic pregnancy can cause internal bleeding, infertility, and even death.

There are also risks if you get pregnant while using Mirena and the pregnancy is in the uterus. Severe infection, miscarriage, premature delivery, and even death can occur with pregnancies that continue with an intrauterine device (IUD). Because of this, your healthcare provider may try to remove Mirena, even though removing it may cause a miscarriage. If Mirena cannot be removed, talk with your healthcare provider about the benefits and risks of continuing the pregnancy. If you continue your pregnancy, see your healthcare provider regularly. Call your healthcare provider right away if you get flu-like symptoms, fever, chills, cramping, pain, bleeding, vaginal discharge, or fluid leaking from your vagina. These may be signs of infection.

It is not known if Mirena can cause long-term effects on the fetus if it stays in place during a pregnancy.

### How will Mirena change my periods?

For the first 3 to 6 months, your monthly period may become irregular and the number of bleeding days may increase at first. You may also have frequent spotting or light bleeding. A few women have heavy bleeding during this time. After your body adjusts, the number of bleeding days is likely to lessen, and you may even find that your periods stop altogether.

In some women with heavy bleeding, the total blood loss per cycle progressively decreases with continued use. The number of spotting and bleeding days may initially increase but then typically decreases in the months that follow.

### Is it safe to breast-feed while using Mirena?

You may use Mirena when you are breastfeeding if more than six weeks have passed since you had your baby. If you are breastfeeding, Mirena is not likely to affect the quality or amount of your breast milk or the health of your nursing baby. However, isolated cases of decreased milk production have been reported among women using progestin-only birth control pills.

### What are the possible side effects of using Mirena?

Mirena can cause serious side effects including:

- **Pelvic inflammatory disease (PID).** Some IUD users get a serious pelvic infection called pelvic inflammatory disease. PID is usually sexually transmitted. You have a higher chance of getting PID if you or your partner have sex with other partners. PID can cause serious problems such as infertility, ectopic pregnancy or pelvic pain that does not go away. PID is usually treated with antibiotics. More serious cases of PID may require surgery. A hysterectomy (removal of the uterus) is sometimes needed. In rare cases, infections that start as PID can even cause death.
- Tell your healthcare provider right away if you have any of these signs of PID: long-lasting or heavy bleeding, unusual vaginal discharge, low abdominal (stomach area) pain, painful sex, chills, or fever.

- **Life-threatening infection.** Life-threatening infection can occur within the first few days after Mirena is placed. Call your healthcare provider if you develop severe pain within a few hours after Mirena is placed.
- **Embedment.** Mirena may become attached to the uterine wall. This is called embedment. If embedment happens, Mirena may no longer prevent pregnancy and you may need surgery to have it removed.
- **Perforation.** Mirena may go through the uterus. This is called perforation. If your uterus is perforated, Mirena may no longer prevent pregnancy. It may move outside the uterus and can cause internal scarring, infection, or damage to other organs, and you may need surgery to have Mirena removed.

Common side effects of Mirena include:

- **Pain, bleeding or dizziness during and after placement.** If these symptoms do not stop 30 minutes after placement, Mirena may not have been placed correctly. Your healthcare provider will examine you to see if Mirena needs to be removed or replaced.
- **Expulsion.** Mirena may come out by itself. This is called expulsion. You may become pregnant if Mirena comes out. If you notice that Mirena has come out, use a backup birth control method like condoms and call your healthcare provider.
- **Missed menstrual periods.** About 2 out of 10 women stop having periods after 1 year of Mirena use. If you do not have a period for 6 weeks during Mirena use, call your healthcare provider. When Mirena is removed, your menstrual periods will come back.
- **Changes in bleeding.** You may have bleeding and spotting between menstrual periods, especially during the first 3 to 6 months. Sometimes the bleeding is heavier than usual at first. However, the bleeding usually becomes lighter than usual and may be irregular. Call your healthcare provider if the bleeding remains heavier than usual or if the bleeding becomes heavy after it has been light for a while.
- **Cyst on the ovary.** About 12 out of 100 women using Mirena develop a cyst on the ovary. These cysts usually disappear on their own in a month or two. However, cysts can cause pain and sometimes cysts will need surgery.

This is not a complete list of possible side effects with Mirena. For more information, ask your healthcare provider.

Call your doctor for medical advice about side effects. You may report side effects to the manufacturer at 1-888-842-2937, or FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

### After Mirena has been placed, when should I call my healthcare provider?

Call your healthcare provider if you have any concerns about Mirena. Be sure to call if you:

- Think you are pregnant.
- Have pelvic pain or pain during sex.
- Have unusual vaginal discharge or genital sores.
- Have unexplained fever.
- Might be exposed to sexually transmitted diseases.
- Cannot feel Mirena's threads.
- Develop very severe or migraine headaches.
- Have yellowing of the skin or whites of the eyes. These may be signs of liver problems.
- Have a stroke or heart attack.
- Or your partner becomes HIV positive.
- Have severe vaginal bleeding or bleeding that lasts a long time.

### General advice about prescription medicines

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. This leaflet summarizes the most important information about Mirena. If you would like more information, talk with your healthcare provider. You can ask your healthcare provider for information about Mirena that is written for health providers.

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Manufactured for:  
Bayer HealthCare Pharmaceuticals Inc.  
Wayne, NJ 07470

This patient information was updated October 2009.  
6795103BS

*According to a survey on Always.com,*

**97%** *of women*  
**WHO TRIED**  
*Always Infinity*

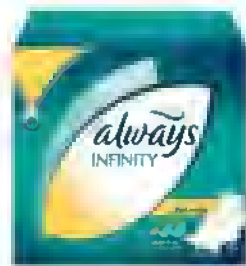
**SAID THEY'D RECOMMEND IT TO FRIENDS.**

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**The other 3%**  
*never like anything anyway.*

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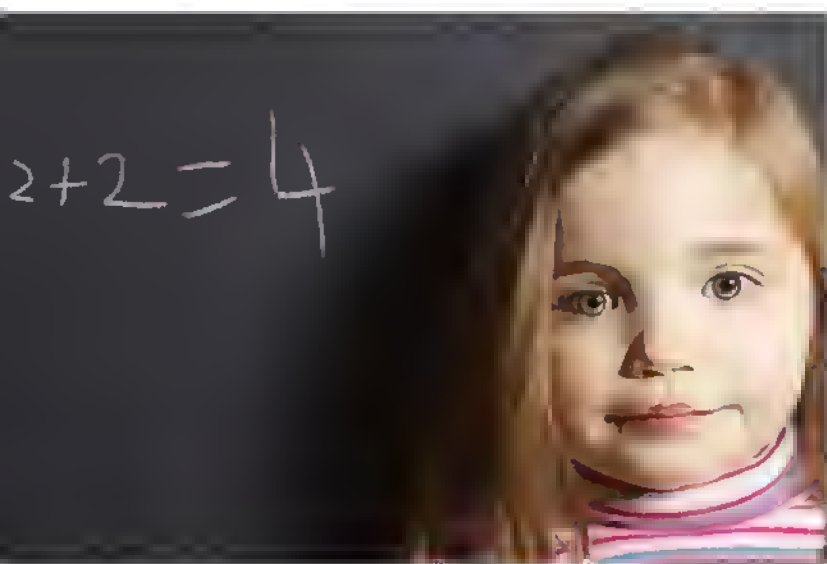
*Discover for yourself the pad that's amazing women everywhere. Only Always Infinity has a revolutionary Infinicel™ core. It adapts, absorbs and bounces back more than the leading regular ultra. And it will change your period experience forever. Have a happy period.*



Consumers who participated understood that their reviews could be used for further advertising/promotional purposes by the brand. ©2010 P&G

# MomLife

It's not your mother's motherhood.



## HOT BLOG The Math Mom

Whether you're a math buff or a math-phobe, it's worth checking out **themathmom.com**, a blog created by 38-year-old Maria Lando, a mom in Needham, MA. "Most of my friends don't share my passion for math, and they don't want to pass their phobia on to their kids,"

Lando says. "So I wanted to show how we all use math daily—and that we're better at it than we think." In each chatty post, Lando explains a formula moms can use to make life easier, like figuring out the most efficient carpool route or how set theory can make grocery shopping a cinch. We say, way to put moms and math in the same equation!



Math-phobe? Blogger Maria Lando's got your number.

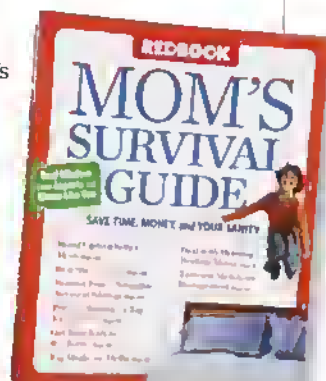
## Diapers for every baby

The idea that diapers might be considered a luxury never occurred to **Amanda Payne**, a 29-year-old mom in Columbia, SC. But last fall, when Amanda caught sight of a SCDiaperChange.com billboard reporting that **many moms in poverty have to keep their babies in a single diaper all day**, she was moved to action. She began researching and learned that few social services, not even food stamps, cover diapers. So she rallied a group of friends on Facebook to organize a diaper drive in a local park. In three hours, they collected 19,000 diapers to donate to a local food bank. Since then they've participated in a bigger drive organized by BlueChoice South Carolina, which netted more than 100,000 diapers, and the friends are planning another drive this month.

To hold a diaper drive in your community, partner with a women's shelter or food bank that can distribute the diapers. Then pick a place and time, hang up flyers, send a Facebook or email blast, and start collecting!

## Motherhood: We wrote the book!

Flowers and fuzzy slippers are fine, but you know what would be an amazing Mother's Day gift? That one supersmart tip that will help you get through a day of mothering while keeping your sanity—and sense of humor—intact! In **REDBOOK Mom's Survival Guide**, we asked top parenting experts (including moms like you) for their tips on how to initiate that first talk about sex, deal with sibling rivalry, and more. Cut this article out and hand it to your hubby, or win a free copy for yourself: **50 readers will each win a copy of REDBOOK Mom's Survival Guide from Hearst Books. Value of each, \$17. Enter at redbookmag.com/momguide. See page 223 for details.**





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Redbook Hero

# Clearing the air

**Cherise Udell** is on a mission to help Utah's children breathe easier.

By Nicole Yorio



Cherise with her daughters Sophia, 6, and Ella, 3, on the salt flats of the Great Salt Lake.

Utah's pollution has gotten so bad, most children there will never develop full lung capacity.

During one particularly muggy inversion in Salt Lake City, a condition that occurs when pollution gets trapped in a valley, Cherise Udell read a news article that equated breathing the air there on a red-alert day with smoking a half-pack of cigarettes. The article also reported that pollution in Utah had gotten so bad, most children there will never develop full lung capacity. "I was horrified," says

Cherise, 43. "I had an image of my baby locked in a windowless room full of chain smokers. I had to do something." In a moment of inspiration, Cherise drafted a passionate email to 100 moms, asking them to join her in cleaning up Utah's air. Within minutes, dozens of responses flooded her inbox. "I tapped a nerve," she says. "The mothers were riled up, but they didn't know what to do."

Cherise organized an informal gathering, and it was there that Utah Moms for Clean Air was born. The group held an open meeting at the local library two weeks later to discuss air quality and hear concerns from the community. More than 150 people showed up, including a state senator and members of the local press. "From there, we shot out of the gate fast," Cherise

recalls. "The senator taught us how bills were passed and connected us with the key players on Capitol Hill who could help us facilitate change." Local media embraced the group's cause, and Cherise made headlines by naming the businesses that contributed to pollution and pointing fingers at politicians and government agencies for their inaction.

Over the past two years, Utah Moms urged the state government to pass legislation that allocated funds for installing air-quality monitors in schools and reducing school-bus emissions by 90 percent. Cherise's proudest feat: pressuring the state into nixing the construction of a mega-highway that would have run near 21 schools. "The Utah Department of Transportation knows that if they build this road, children will die," Cherise told a local newspaper, citing studies that linked chronic exposure to diesel-truck traffic in Texas with an almost 60-percent increase of childhood leukemia. Utah Moms also convinced a power company to call off plans to build a high-pollutant facility and helped to implement a statewide program called "Turn the Key, Be Idle Free," which educates drivers about the pollution caused by idling cars. (Tail-pipe emissions account for approximately 60 percent of the area's pollution.)

"We're just moms who care about our kids," Cherise says of her group's impact. "But when you tap in to that energy, it's amazing how much we can accomplish." **R**



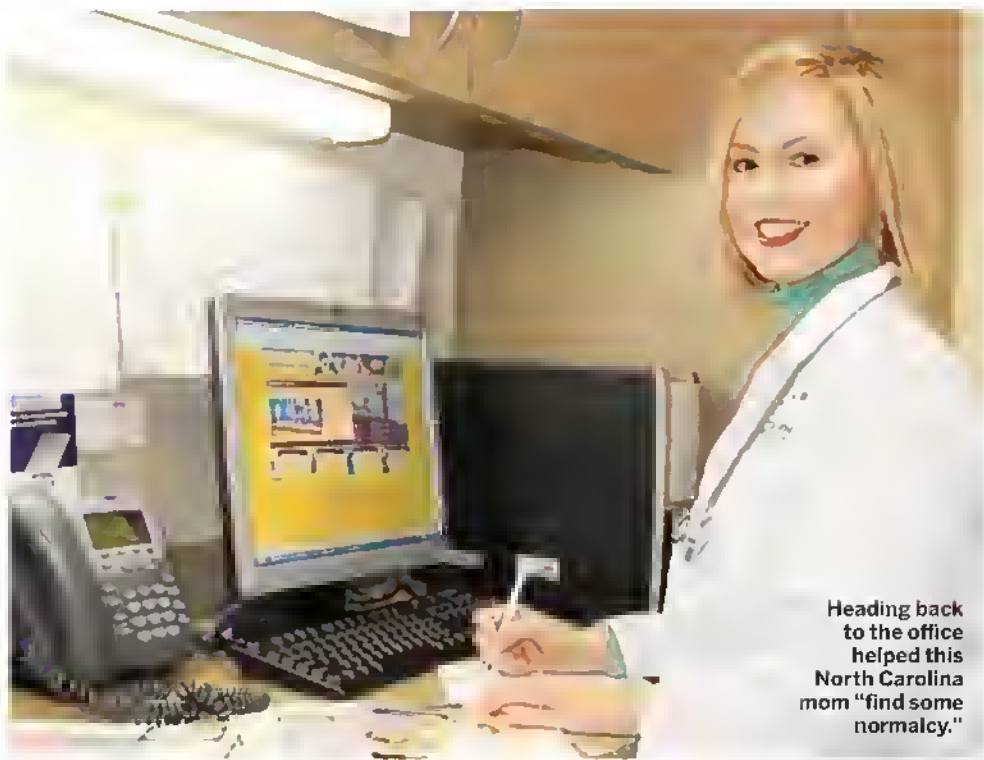
A free audio series that gives you and your child  
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Visit [bedtimetheater.com](http://bedtimetheater.com)  
to download the adventures  
of Iggy and his Wiggy Bed.

*GoodNites*  
lighten the night.

Work in Progress

# Can your job make you a better mom?



Heading back to the office helped this North Carolina mom "find some normalcy."

It was no surprise to anyone when I chose nursing for a career. Nurturing others was always part of my personality. Even as a little girl, I helped my mother take care of my younger brother and sister as well as my grandparents. As a neurosurgery nurse, I often work with people who need brain or spinal surgery because of aneurysms or tumors. I love my job, and I didn't want to completely give it up after my first child,

Neurosurgery nurse **Ashley Walling** was exhausted and overwhelmed after giving birth to a son with Down syndrome. At first she couldn't imagine returning to her job—but now the 36-year-old knows that getting back to work was just the therapy she needed.

Caroline, was born eight years ago. I'd worked hard and built a great relationship with the doctor I assisted at the neurosurgery practice, so I felt it was worth a shot to request a three-day workweek. I figured that my mother or sister could watch Caroline while I was at work. Thankfully, my supervisors went for it. Another nurse took my

calls on the days I was out, but otherwise, I accomplished my original responsibilities—from gathering medical histories to answering patient questions—during my days in the office.

In March 2005, Connor was born, and everything changed. He had Down syndrome, and soon my days were filled with meetings with his caseworker, evaluations, and therapy sessions. Those were dark times. With the doctors' bills piling up, my husband, Kevin, a fireman with 24-hour shifts, continued working full force, so I couldn't imagine managing everything at home *and* going back to work.

When Connor was 3 months old, the two of us visited the office. I received a warm welcome from coworkers, and when the doctor I worked for asked if I was coming back, I cried. I wanted to go back to work. Not only would it help us financially, but I also needed to get out of my mental rut. I was consumed with Down syndrome and making sure that Connor was getting the attention he needed. Getting back into the world and being around my work friends would lift me up so I could feel more energetic with my kids and hopefully smile more.

So Kevin and I sat down with his schedule, which he gets a year in advance, and we realized that he could watch the kids on Tuesdays and Thursdays. Every fourth month, his 24-hour shifts would conflict



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# Making It **Work**

with my days at the office, so my sister or mom would watch the kids then. Those nights would be tough, since I'd work, then tackle the evening and morning routines with the kids by myself. But it was worth it to find some normalcy. My office agreed to the two-day workweek.

**I wanted to get back to work. I thought to myself, I have to figure out a way.**

Now that the kids are older—Connor is 5 and Caroline is 7—they have traditional school hours, and I can manage a four-day work schedule. Two days I'm in the office, and the other two I'm at home answering a triage

phone line and taking calls for the doctor I assist. My schedule is structured, but I still have breakdowns. Sometimes Kevin is away for a special rescue squad he's on and I have to switch my workdays around. Then there was the time when a meeting about Connor's transition into the public school system fell on a workday morning. I listened as strangers told me all the things Connor *wasn't* able to do, and then I cried all the way to work.

While nursing has helped me as a mom—I know what to do when my kids are sick—having Connor has made me a more compassionate nurse. I know what it's like to get a diagnosis and then, with a broken heart, juggle therapeutics, insurance issues, stress, and searching for the best care. *I get* calling the nurse more than once for reassurance. Being the patient has made me a better nurse. **R**



Ashley makes sure to fit in quality time with Caroline, 7, and Connor, 5.

COURTESY OF SUBJECT



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## 5 WAYS I MAKE IT WORK

### I GET SUPPORT FROM OTHERS

I was scared to go to a support group after Connor was born. I didn't know what to expect. But it was a relief to find other moms of kids with Down syndrome who knew what I was going through; they helped take away my fear. Now, with the stress of Connor mainstreaming into a regular kindergarten, I'll have these moms to lean on again.

### I CARVE OUT TIME WITH MY KIDS

Fitting in big outings, like ice skating, is tough; I realized that spending special time with my kids could be easier. When Connor naps, I play cards with Caroline or draw pictures with her. On a day off, I might have lunch with Connor at school, where I volunteer. My sister gave me great advice. She said, "When you volunteer,

pick jobs that allow your kids to actually see you." So I help out at the book fair, go on class field trips, or read a story in one of their classrooms. My kids' faces light up when they see me there.

### I'M OPEN TO ADVICE

I appreciate when someone who knows me well points out something in my life that needs fixing. Last year, my sister told me I wasn't paying enough attention to Caroline because I was devoting so much time to Connor's needs. I was angry at first, but once she broke it all down, I knew she was right.

### WHEN I'M WORKING, I GIVE 100%

I work my butt off: In one day, I can see more than 50 patients, and in between, I try to do prep work for upcoming days.

I might come in a little early, and work through lunch. I'm mindful of what needs to get done by the end of the day—I don't want to leave extra work for the nurse who's covering me. This keeps everyone around the office feeling positive about my part-time status.

### I PUT MYSELF FIRST SOMETIMES

With doing so much for everyone else, I felt like I was falling apart last year. I was always stressed and getting headaches. I told myself, *If I want to be the best mom and wife I can be, I need to take care of myself.* I started walking for exercise, which made me feel better. And monthly massages ease the tightness in my neck and shoulders and help me sleep. Some people think, *That's such a luxury*, but with my life, it's a necessity.

# Whole Grains

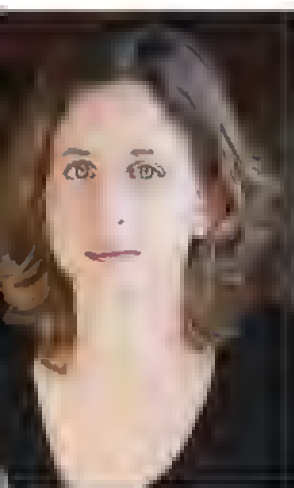
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# Is there a war on American moms?

A provocative new book takes a look at why raising kids today is so hard. By Marisa Cohen



"With so many women in the workforce," Lerner says, "it's time to redefine family values."

**T**aking care of your family shouldn't have to be an Olympic feat," says journalist Sharon Lerner. But in her new book, *The War on Moms: On Life in a Family-Unfriendly Nation*, Lerner explores the backflips American moms do just to get by: juggling schedules and enlisting neighbors to help when they can't find affordable child care, trying to keep their families healthy with no medical insurance, and managing the guilt from not being able to do it all. Despite the problems she saw, Lerner also discovered reasons to be hopeful. Here's what she learned from moms around the country.

**A lot has been written about the "mommy wars," working moms battling stay-at-home moms over who's a better parent. Do you think the animosity has been exaggerated?**

Absolutely! We have so many more similarities than differences: All mothers want what's best for our kids, and we also want income and personal satisfaction. But when it comes down to it, we either have to work more or less than we want because there aren't enough decent part-time jobs. In the European Union, the government protects part-time workers. You can't get demoted for asking for a part-time schedule or be forced to take a lower-status position.

**You cite shocking cases of moms trying to find child care. How can this be resolved?**

No one expects parents to shoulder the cost of education by themselves; that's why there are public schools. But younger kids also have needs, and both parents usually have to work. President Obama seems to get this issue: In his proposed budget, he has allocated \$1.6 billion to getting families off the waiting list for subsidized child care, and he has asked to increase the tax deduction for child care for middle-class families from 20 percent to 35 percent. It's a step in the right direction.



**What would you say to people who believe it's not the government's responsibility to fund social services like health care?**

The United States is the only industrialized nation that does not have universal health care, and we are one of the only countries—rich or poor—that doesn't have paid maternity leave. If they can do it, we can too. Child care is a little different, but most other wealthy countries do far better than we do. I'm not saying it's every mother's birthright to have a full-time nanny, but the truth is that good child care is out of reach for most families, and we need to solve this as a country.

**How, as a country, did we get here?**


There actually were pushes for paid maternity leave almost 100 years ago and during World War II. And we came close to instituting national child care around 1970. But the momentum largely came to a standstill in the '80s, when a strong cultural attitude arose that family needs are private and shouldn't be addressed by the government. But with so many women in the workforce now, it's time to redefine family values.

**You had two babies while working on this book. How did that change your outlook?**

Having my kids definitely made these issues more vivid for me. There were ironies along the way, like the time I was supposed to moderate a panel on child care and my babysitter didn't show up. I remember thinking, *This would be funny if I weren't so late!*

**What are you most hopeful about?**

It's amazing how hard women work to help each other out. They're so creative even with limited resources. The average mom has an incredible skill set—making one jar of peanut butter last for a month, figuring out what to do when she runs out of diapers, and managing to get it all done, as one mom said, "on four hours of sleep and four cups of coffee." **R**



Depression can make you feel like you have to wind yourself up to get through the day.

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### **Important Safety Information**

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

#### **Suicidality and Antidepressant Drugs**

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior. PRISTIQ is not approved for use in children under 18.

- People taking MAOIs should not take PRISTIQ.
- All patients taking antidepressants should be observed closely for signs that their condition is getting worse or that they are becoming suicidal. This is very important when an antidepressant is started or when the dose is changed. Patients should be watched for becoming agitated, irritable, hostile, aggressive, impulsive, or restless. These symptoms should be reported to the patient's healthcare professional right away.
- Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including:
  - Medicines to treat migraines or mood disorders, to avoid a potentially life-threatening condition
  - Aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding
- PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including if you:
  - Have high blood pressure. Your blood pressure should be controlled before you start taking PRISTIQ and monitored regularly
  - Have heart problems, high cholesterol or triglyceride levels, or a history of stroke
  - Have glaucoma or increased eye pressure
  - Have kidney or liver problems
  - Have or had mania, bipolar disorder, seizures, or convulsions
  - Have low sodium levels in your blood
  - Are nursing, pregnant, or plan to become pregnant
- Discontinuation symptoms may occur when stopping PRISTIQ, especially when therapy is stopped suddenly. Talk to your healthcare professional before you stop taking or reduce the dose of PRISTIQ.
- Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ.
- Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

**Please see Brief Summary of Prescribing Information on next page.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

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## IMPORTANT FACTS ABOUT

**Pristiq®**  
desvenlafaxine  
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Pristiq® -  
(desvenlafaxine)  
Extended-Release  
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

• Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.

• Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.

• Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

• **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.

• **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.

• **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.

• **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

• **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

This Medication Guide has been approved by the U.S. Food and Drug Administration for all antidepressants.

### Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

### What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

### Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

### What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

• **Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions**  
Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles and digestive system work. **Especially tell your healthcare provider if you take the following:**

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs)

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

### What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

### What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

• **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.

• **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.

• **Glaucoma (increased eye pressure)**

• **Increased cholesterol and triglyceride levels in your blood**

• **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- irritability
- abnormal dreams
- diarrhea
- nausea
- sleeping problems (insomnia)
- tiredness
- headache
- anxiety
- sweating

• **Seizures (convulsions)**

• **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal. Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at [www.pristiq.com](http://www.pristiq.com) or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

### Contact Information

Please visit our web site at [www.pristiq.com](http://www.pristiq.com), or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit [www.wyeth.com](http://www.wyeth.com) or call our medical communications department toll-free at 1-800-934-5555.

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The  
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BY ALICE BRADLEY

# Letting go of Henry, little by little

I knew there would come a time when I'd have to say good-bye to my little boy. I just didn't realize it would happen again and again.



Alice Bradley also shares her adventures in parenting at [finslippy.com](http://finslippy.com), [momversation.com](http://momversation.com), and [lets-panic.com](http://lets-panic.com). She lives in Brooklyn with her husband, son, dog, and cat.

**W**ell before I became a parent, I could have guessed that raising a child would involve, in addition to much joy, its fair share of sadness. I mean, I'd seen plenty of commercials where parents watch their kids leave home. I had heard "Sunrise, Sunset." I'd been warned there would be a time to let go and that the moment would be bittersweet. But I pictured this letting-go happening once, maybe twice: on my child's first day of school, and the day he drove off to college. My husband and I would wave good-bye as we stood arm in arm, our hair graying tastefully. I'd be wearing a sweater set and pearls. I had it all worked out.

But in fact the act of letting go is gradual. Every year, I find myself mourning my son's slow exit from childhood. I can hardly look at photos of now-7-year-old Henry as a toddler without a lump forming in my throat. I miss the child he was; I want to hold on to the kid he is now. And just when I think I grasp who he is this second, he changes again.

On the other hand, this constant changing and shifting means I've had the distinct pleasure of enjoying several amazing characters. All Henry, of course—but in many ways, each his own person.

First there was the **Newborn**: an inscrutable lump who eerily resembled Winston Churchill. Of all the Henrys I've known, I miss that one the least. Sure, the first year was full of milestones, but mostly I remember the crying and the not-sleeping and the crying some more. We were in love with the Newborn, but more than anything, we looked forward to what (and who) would come next.

Then came **One**: a joyous Buddha who erupted into chortles and shrieks at a smile from a stranger or the taste of a new food. He discovered words and strung them together with babble, laughing uproariously each time. "Mommy blahblah fire truck bbbbbth *turtle*," One would shriek, slapping his knee. Everything was a question to One. He'd clamber onto me and point at objects, asking: "What this? This?" Then he'd watch me closely, his milk breath heating my cheek, as I named it all.

**Two** took One's budding language skills and ran with them. While his peers were collecting discrete words and phrases, Two was engaged in a constant monologue. He would give the day a theme: "It's New Friend Day," he'd announce in the morning, and we'd head to the park, our mission set.

Two also had his dark moments. When his needs weren't quite met, he'd throw himself to the ground, his language skills abandoning him as he shrieked nonsense syllables. (We still talk about the time Two screamed that his stroller was "too murfy.") I never thought I'd miss Two, but in retrospect, his tantrums were kind of adorable compared with the bigger-kid frustrations we deal with these days.

**Three** is the one whose pictures I can't look at without choking up. In those photos, you can see that Three is losing his baby fat, but he still has the round baby cheeks, the softness around the edges that would soon fade.

Three was in love with me. Maybe this is why I miss him so much? When I picked up Three from preschool, he'd jump in my arms and kiss my face,



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▪ INTRODUCING ▪

# DEEP DISH PIZZA.

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murmuring, "Mama, Mama." How could I not want more of that?

Four was also enamored and wanted to make an honest woman of me. Every few days, Four would look directly into my eyes and propose: "Marry me, Alice Catherine Bradley."

I told Henry the other day about how he used to propose to me, and he laughed himself off his chair. I laughed too, but part of me wanted to defend that little boy who saw nothing funny about his desire to make me his own. Who assumed I was his, and always would be.

Five stretched out like taffy, turning into a skinny, knobby-kneed creature. He was affectionate but found the world far more interesting than his mother. That is how it should be, but knowing that didn't make the transition any easier.

**Henry won't hold my hand anymore. This kills me the most. Wait, I'm not ready, I want to say.**

Five was in kindergarten, so he knew about many things. Things like "helping," which he defined as "telling us what to do." He knew that "manners" meant "always saying 'May I?'" ("Henry, do you want milk with your dinner?" "No, Mommy, it's, 'Henry, may I ask you if you want milk with your dinner...?'"") Five knew that you should never leave an intact acorn lying on the ground. "Whole acorns are lucky," he'd tell us, then whisper a wish to the acorn and tuck it in his pocket.

Five was so *certain*. Every time he issued a declaration, I felt a pang. When

## Making It Work

would self-doubt kick in? Even as I exulted in his confidence, I worried. When would the world knock him down?

Six wanted only to hang out with his Dad. I didn't mind this entirely—not being the number-one choice to play Star Wars with had its advantages—but it stung a bit. Six seemed to sense that I was bothered, and he would apologize yet never change his mind. I loved this about Six. He knew what he wanted and saw no reason to back down.

Six wanted to be cool, and knew that being cool did not include getting kissed by your parents. He told us that when we walked him to school, there would be no more hugs or kisses. A high-five would have to suffice. I agreed, trying not to think about the 3-year-old who'd leapt into my arms at school pickup.

Seven seems to be a preview of what it's like to raise a teenager. Seven slams doors and yells at us about how misunderstood he is. When he's not storming around, however, Seven is excellent company. He writes books and invents machines and shares his insights about the world and his place in it. Seven can't wait until he's grown up, he tells us.

Seven won't hold my hand anymore. I insist on walking hand in hand when we're crossing a busy street, but as soon as we've reached the other side, he pulls away. This kills me the most. *Wait, please, I'm not ready, I want to say. Give me a couple more years, at least.*

But every now and then he forgets we're linked, or pretends to, and he keeps holding on. On those days, we walk all the way home like that. Usually we're quiet, but sometimes we talk about the future and what it might bring. He tells me about all the adventures he can't wait to begin, and while he's talking I notice how much taller he seems, or how much more grown-up his face is beginning to look. It's as if I can already see the next Henry, somewhere up ahead. I listen, and I hold on a little tighter. **R**

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**• LOOK AT.  
WHAT ELSE IS ON OUR  
LUNCH MENU.**



**FRESH-BAKED TASTE  
IN MINUTES.**



**TASTE. BELIEVE.  
IT'S NOT DELIVERY.  
IT'S DIGIORNO.**

# No, you don't have

# to

Yes, you heard right. Despite the breast-is-best headlines and pressure from doctors and the media (not to mention the moms on the playground), there are very sound reasons not to nurse your baby. One writer emerges from the battle bloodied but unbowed. *By Erin Zammett Ruddy*

# breast-feed

I was lying on an exam table trying not to look as a surgeon drove a giant needle into the side of my breast to aspirate the rock-hard clogged milk duct inside. Both of my breasts were engorged to porn-star status, and the pain that radiated from them took my breath away. This was my third bout of mastitis—a serious infection that I later learned was caused by MRSA, a potentially fatal strain of antibiotic-resistant bacteria. I was at the end of my rope.

That's when the doctor uttered the five most magical words I'd heard since giving birth:

"It's okay not to breast-feed." Actually, she shouted them. "If it were 1907, your child would die if you didn't breast-feed!" she shrieked. "But it's 2007. We have choices, people!" When I got home from her office, I put on two sports bras, shoved frozen peas down my chest, and stopped the insanity. I had made it through almost a month of breast-feeding my newborn son, and I was done. Forever.

For me, this was a happy day, not a sad one. When we were little girls, my older sister used to pretend to nurse her baby dolls. As she lifted up her shirt and shoved their matted-up

beads onto her 7-year-old chest, I'd roll my eyes and groan. Then I'd go back to throwing elaborate dinner parties for Barbie and Ken. Needless to say, I did not grow up into one of those women who fantasized about someday nursing my child. When I got pregnant in 2006, after six years of treatment for a chronic form of leukemia, I had to stop taking the pill that keeps me in remission for the duration of my pregnancy. My oncologist said I could breast-feed for a bit, maybe six weeks, before resuming the medication. I was not terribly heartbroken to have such a small window of time to nurse. If I'm being completely honest, I was relieved. I felt lucky that I was even able to have a child after having cancer. Breast-feeding? It would be a bonus, but not a necessity.

## The history behind the controversy

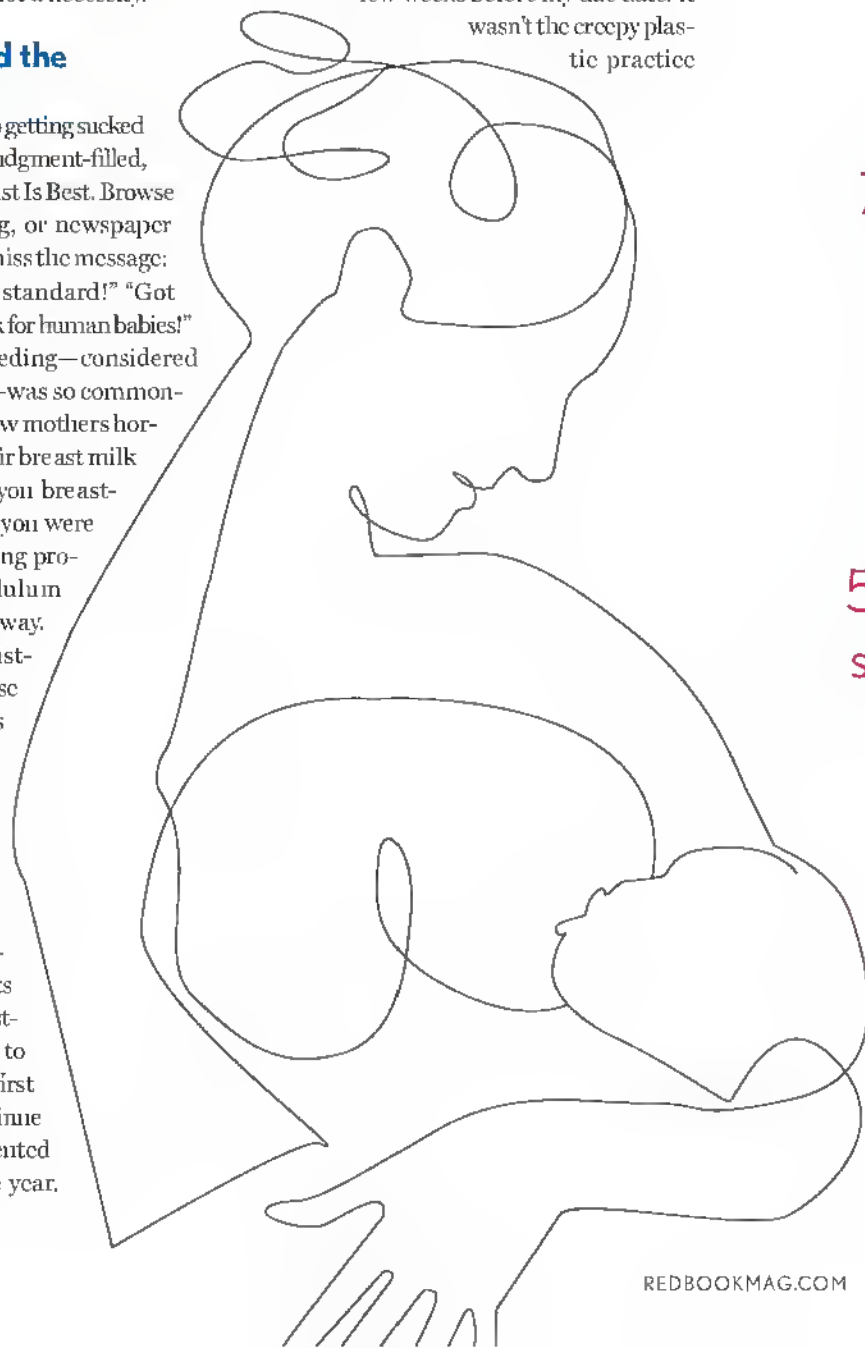
Little did I know I'd wind up getting sucked (pardon the pun) into the judgment-filled, angst-ridden world of Breast Is Best. Browse any parenting book, blog, or newspaper these days and you can't miss the message: "Breast milk is the gold standard!" "Got breast milk?" "Human milk for human babies!" For decades, formula-feeding—considered modern and convenient—was so commonplace that doctors gave new mothers hormone shots to prevent their breast milk from ever coming in. If you breast-fed in the 1950s, in fact, you were frowned upon for not being progressive. But the pendulum has swung *far* the other way. La Leche League, a breast-feeding advocacy group, rose to prominence in the 1980s and '90s by helping mothers to nurse, yes, but also by making such overwrought assertions in the press as "Formula circumvents nature's plan!" In 1997, the American Academy of Pediatrics revised its recommendations for breast-feeding, urging mothers to nurse exclusively for the first six months and to continue breast-feeding, supplemented with other foods, for one year.

The Department of Health and Human Services followed suit a few years later with "breast-feeding awareness" ads that equated the dangers of formula-feeding with riding a mechanical bull while nine months pregnant.

The most recent data show that nearly 74 percent of women try breast-feeding, a rise of 50 percent since 1973. This is great. *Breast-feeding* is great. The problem is, breast-feeding advocates have become so anti-formula that they are alienating moms who don't, or often can't, do it. And as a result, the bottom line—the fact that we're all trying to raise healthy babies—has gotten completely lost.

One of the biggest mistakes I made was signing up for a breast-feeding how-to class a few weeks before my due date. It wasn't the creepy plastic practice

Nearly 74 percent of women today try breast-feeding—a rise of 50 percent since 1973.



**"If it were 1907, your child would die if you didn't nurse!" my doctor shrieked as she drove a giant needle into the side of my breast. "But it's 2007. We have choices, people!"**

babies or the public boob touching that bothered me. It was the fear that the "lactation specialist" was very clearly trying to instill in a room full of already terrified parents-to-be. The first half hour was devoted to a PowerPoint presentation on all the horrible things that would go wrong with our children if we didn't nurse them: They'd get cancer, they'd be dumb, they'd get colds, they'd have ear infections, they'd be antisocial and probably very poorly behaved. Oh, and they'd



Erin and her new (formula-fed) baby, Nora.

be obese. My kid wasn't even born yet and already I had to worry about his lack of portion control? Next we watched a movie that could have been titled *Breast-feeding and the City*, in which four moms sat around

sipping tea and chatting about the joys of nursing. My husband and I snuck out before the credits and went for Italian food.

When I mentioned this ridiculousness to a coworker, she didn't bat an eye. In fact, she advised me to write myself a letter before I even gave birth, telling the mom me that it was okay to stop breast-feeding—because when the time came, she warned, I would be so racked with guilt about even the *notion* of not nursing that I wouldn't know what to do with myself. I remember thinking she was nuts. I thought I was above all that mushy mom stuff, that I wouldn't be swayed by the Breast Is Best brainwashing spewing from every baby website—and doctor's office—I visited.

## Parental peer pressure

But I *was* swayed—in fact, I nearly toppled over. It's easy to fancy yourself a certain type of mother when your child is an un-

named bump in your belly. But once you meet him and see how tiny and sweet and dependent he is on you, the stakes get much higher. You're vulnerable, impressionable, and sleep-deprived, and it becomes impossible not to replay every article you've read on the supremacy of breast milk over formula. Or obsess about how the decision you make today will affect your kid 10, 20, or 30 years down the road. Suddenly you start listening to everyone's opinion—the pediatrician's, sure, but also your mom's, and even that of the mom in the waiting room who asks if you're breast-feeding, then smiles approvingly or flashes an alarmed, what-kind-of-mother-are-you look, depending on your answer.

I had my son, Alex, at 11:04 in the morning. By 1 p.m., he was latched on and happy (though, according to the breast-feeding class, I'd already failed because so much time had passed before feeding

## Breast-feeding facts: YOU DECIDE

Here, a look at the pros and cons that so divide us.

**PRO It's convenient.** You don't have to buy breast milk or make up bottles, which saves time—and money. (Formula can cost from \$1,200 a year up to \$2,400 or even more.)

**CON It's not easy—especially at first.** "There's a two-week learning curve," says Loretta McCallister, a spokesperson for La Leche League International.

She encourages moms-to-be to take a breast-feeding class and line up a place to go for support. Some women have a harder time than others for a variety of reasons, such as little breast tissue, nipple shape, narrow ducts, or low production.

**PRO It promotes bonding.** "Women get a sense of well-being when they nurse," McCallister says. That's thanks to the feel-good brain chemicals called prolactin and oxytocin. But, adds Rebecca Booth, M.D., an ob/gyn in Louisville, KY, and the author of *The Venus Week*, "oxytocin is

also secreted by touch, so the kind of contact you get from bottle-feeding works too."

**CON It keeps Mom hostage.** Newborns tend to eat every two to three hours. Even if someone else handles occasional feedings, Mom's gotta pump.

**PRO It helps moms heal faster.** When women nurse, the release of oxytocin causes mild contractions that help the uterus shrink back to normal size.

**CON It can be extremely painful.** One in four breast-feeding moms suffer bleeding

nipples, uncomfortably engorged breasts, low-grade yeast infections on nipples, mastitis, and other complications, Booth says.

**PRO It prevents ovulation.** If a woman is breast-feeding exclusively, she won't need birth control for the first six months. "As long as conditions are met, the chances of pregnancy are less than 2 percent," McCallister says.

**CON Mom must watch what she eats and drinks.** Too much caffeine, alcohol, some fish, spicy foods, broccoli, and

► continued on p.178

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## Nothing could have prepared me for the knife-piercing pain that shot through my body every time my son wanted to eat (which, by the way, was about every two hours).

him). I was seeing stars. I'd heard that nursing could be difficult for many women to master, but I'd figured, *Not me. I beat cancer!* I'd been a college athlete; I'd taken the damn breast-feeding class (half of it, anyway). How hard could it be? Well, nothing could have prepared me for the knife-piercing pain that shot through my body every time my son wanted to eat, which, P.S., was every two hours. By day three, my nipples were so bloody and cracked that I happily paid a lactation consultant \$300 to come to my apartment and teach me to do this thing that I was allegedly born to do. She was worth every penny. She showed me several positions and tricks to make it not feel like I had a sucker fish pulling on an open wound. She also showed me how to use a pump to pull milk from my breast into a bottle, since one nipple was too mangled to expose to the air, let alone to my very hungry kid. And with her adjustments, everything worked perfectly. I could almost (almost) see how women might enjoy

nursing. Then she left, and things went downhill fast. I made enough 911 calls to her over the next few days that I started to feel like a stalker.

Eventually, using her recommended creams, shields, and gel inserts, I learned to endure the agony that came with most feedings. About a week in, I got mastitis for the first time: I suffered a 104-degree fever, uncontrollable shakes, and severe pain for two days. I couldn't understand how I could have a clogged anything, since my breasts seemed to drip like leaky faucets 24/7. Then I got mastitis again, and I lost it. Why was this process, touted as being so healthy and beautiful and *natural*, turning me into a sickly, pissed-off cow?

It was the third bout of infection that finally sent me to the doctor who saved my life, and my sanity, by reassuring me that I had choices. Choices as in formula. Which, contrary to what some extremists insist, is not poison. Nor is breast milk some magical elixir that will give a

kid superpowers. In fact, my sisters and I were breast-fed until we were a year old, and two out of three of us wound up getting cancer. (Oh, how I wish I could go back to breast-feeding class to share that tidbit.)

I am in no way anti-breast-feeding, but I now know that it's not for me—and that that's okay. I just had my second baby, and after nursing for 36 hours, I stopped. I needed to go back on my cancer drug, sure, but that's not the only reason. The pain was nauseating, I didn't enjoy it, and I wanted my husband to be able to split the middle-of-the-night feedings with me. So I switched to formula, which my daughter gulps happily. And I have zero guilt about it—though it took me a lot of trauma to get here. As a new mommy friend recently told me, "*Formula is not the F word.*" And she's right. Alex is now 2½ years old and thriving. He's had only one ear infection, is not overweight or antisocial, and, if you ask me, he's a genius. But what do I know? I'm just his mother. **R**

### ◀ continued from p.176

many medications are frowned on while breast-feeding.

**PRO It reduces the risk of some cancers.** Studies have shown that for every year a woman breast-feeds, she lowers her risk of breast cancer by up to 10 percent. Breast-feeding has also been shown to reduce the risk of ovarian and uterine cancers.

**CON It lowers libido.** Because a woman typically does not ovulate while nursing, there is

no natural testosterone surge to stimulate sex drive. An initial dip in estrogen may also cause vaginal dryness.

**PRO It strengthens a baby's immune system**—even if he gets only a few sips of breast milk in the first few days, says Mary Ellen Renna, M.D., a Woodbury, NY-based pediatrician and the author of *Medical Truths Revealed!* That's because colostrum, a thick yellowish substance that comes in before milk, is packed

with immunoglobulins that kill bacteria and viruses.

**CON It derails your workday.** Pumping is a must for nursing moms who work—but even if your job allows for pumping breaks, fitting in three (or more) of them a day can be challenging.

**PRO It boosts brain function,** thanks to the omega-3 fatty acids in breast milk. (Although studies suggest that breast-fed babies might have higher IQs,

the difference is not significant. Also good to know: Many formulas contain omega-3s.)

**CON It's no magic weight-loss solution.** While breast-feeding does burn up to 500 calories a day, it also lowers estrogen levels, making nursing moms insulin-resistant, so they process carbs less efficiently. The result: They tend to keep on a little more weight than non-nursing moms—about five to 10 pounds—until they stop.



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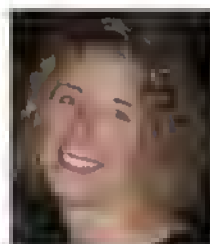
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## Making It **Work**

### "My boobs, my baby, **my choice!**"

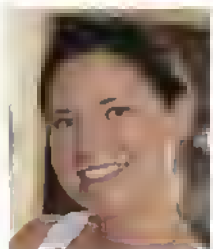
**M**y intention was to breast-feed my firstborn—but apparently if you give birth at my hospital on a Friday afternoon, you are out of luck if you need assistance, because the lactation specialist is off until Monday. And boy, did we need it. The baby wouldn't latch on, so we had to give her a bottle. We finally saw the specialist on Tuesday and she made it work, but when we went home and tried again, we were back to square one. **I practically had a nervous breakdown with all the crying and pain**, so our first family decision was to stop trying to breast-feed. I do not feel guilty about it. I just don't.

—Rachel McNaughton, 40, Mineola, NY



I had always planned to breast-feed. Then, after my son was born 10 weeks premature, I couldn't produce enough milk. I tried everything, including taking a prescription drug with terrible side effects because I'd read it could stimulate lactation. **I even snuck a friend's milk into the NICU, passing it off as my own** and breaking the policy against donor milk. It was only when my son was diagnosed with a milk allergy and put on a hypoallergenic formula that I stopped pumping. I immediately felt 100 percent better, physically and emotionally, but the guilt of my first motherhood failure remained—and honestly does to this day.

—Amy Pate, 31, Nashville



**D**uring the intern year of my medical school residency, I got pregnant and needed an emergency C-section. Fortunately, my son was born

healthy, but after my traumatic birth experience, breast-feeding was not the first thing on my mind. I felt that the most important thing I could do for him would be to expedite my recovery so we could spend as much time together as possible in my four weeks off from my internship. **My medical training had repeatedly emphasized the importance of breast-feeding, but believing and advocating these theories as a doctor was much easier than agreeing with them as a mother.** Today, I have no regrets about not nursing. I advise mothers to do what they feel is best for their children and also what is best for themselves, both mentally and physically. Sooner or later you have to trust your maternal instincts.

—Jessica Weiser, 27, New York City

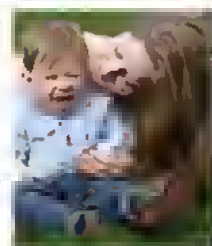
I was surprised and disappointed to realize that it was impossible to feed my daughters breast milk exclusively when I went back to work. **There just wasn't a way to pump every three hours and still be productive in the office.** Even though I was giving my first child

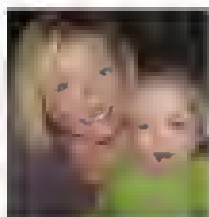


75 percent breast milk, I still felt like a failure for not doing what the experts said was best. I had more realistic expectations with my second baby. I wish that breast-feeding proponents would be more honest about what is possible for working moms.

—Kim Cheney, 40, Brooklyn, NY

**B**ecause breast-feeding is natural, I assumed it was going to be easy, and it wasn't—at all. My son wasn't interested in my breast, but the doctors





wouldn't discharge us until he ate. Eventually, after lactation consultants tried to help, we had to give him a bottle. I felt ter-

rible. **But when I saw my baby suck down the formula so quickly, I knew he was getting what he needed,** even if it didn't come from me. My second child was really good at latching on. Every child is different. The funny thing is, I've found that I pay more attention to a baby when I'm bottle-feeding because I'm looking into their eyes. When I'm nursing, my hands are free, so I wind up checking my email!

—Nedra Wherling, 27, Vernon, CT

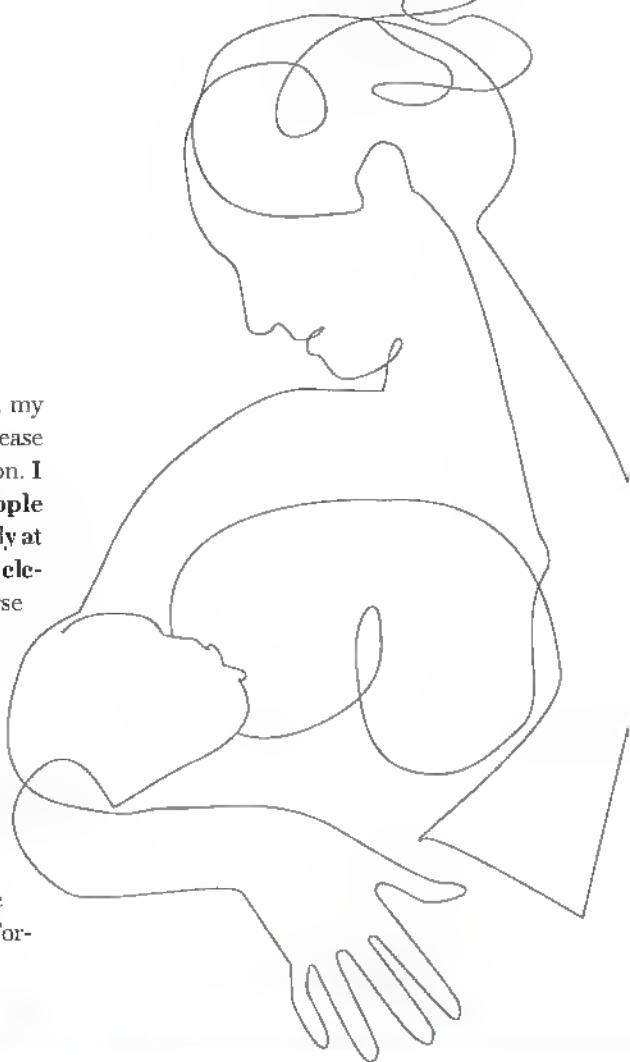
**A**fter two breast reductions, my ducts were too damaged to release enough milk to nurse my son. **I couldn't believe how many people tried to lecture me about it: the lady at the grocery store, the dude in the elevator.** Miraculously, I am able to nurse my daughter. Still, few things piss me off more than women being rid-



iculed for using formula. I'm thinking about starting a support group. There's a La Leche

League—maybe it's time for a Formula Foundation. Who's with me?

—Rebecca Woolf, 27, Los Angeles



Faith Hill is an EIF Ambassador. Photographed by Jesse Dylan.



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# Living

REDBOOK

MAY

**Mix it up this month (with a few great ideas)**

- Brighten up your home with prints and patterns **p.184**
- Fun, easy recipes to make with the kids **p.196**
- Fried favorites get a make-over! **p.208** ➔

# Pattern play

Let loose and liven up your home with pretty, dynamic prints.

Getting the right mix is a snap with our simple rules.

By Alexis Givens Photographed by Eric Piasecki

**TIP:** You're more likely to be courageous when experimenting with prints in a bedroom versus a public space like a living room. Start small, by mixing and matching two sheet sets with different patterns—then gradually layer on the patterns.





## Mix big and small prints

It's impossible to make a mess of mixing large-, medium-, and small-scale patterns when you stick with a subdued palette, like the grays and yellows here. A unifying color theme keeps even florals, stripes, plaids, and geometrics in harmony.



Above, from top: Stripe Print Sheet Set, \$89 (for full), West Elm. Ashley Citron Duvet Set, \$275 (for full/queen), Blissliving Home. Gate Azure Sheets, \$270 (for queen), DwellStudio. Crisanta Pillow, \$65, Blissliving Home. Mandala Coverlet, \$80, DwellStudio for Target. Left: Petal Print Pillowcases, \$29 for two, West Elm. Flourish Dove Pillow, \$100, Thomas Paul. Latham Pillow (on chair), \$75, Blissliving Home. Andalusia Rug (2.5x7), \$107, West Elm.

## Pair botanicals and geometrics

The interplay of soft, curvy botanicals and sharper geometric lines makes for a successful combo. Choose one shade—we used green—to partner with white, then bring in tiny pops of color, like the teal and red in the window panels here.





**TIP:** Anchor the room with furniture in a solid neutral. Here, the white sofa and ottoman give your eye a place to rest among the leafy florals and modern geometrics.



## Go ahead—cheat!

Let the design experts do the mixing for you and choose patchwork pieces. Throw down a patchwork rug and incorporate a patchwork seat cushion or quilt in a similar color combo for an easy, satisfying blend.

Souk Chic Rug Kit, \$150, Flor. Pillow, Pier 1. Vintage quilt.

Far left, from top: Stockholm Blad curtains, \$60 for pair, Ikea. Garland Grass Rug (6x9), \$935, Company C. Green Habitat Pillow, \$83, The Koko Company. Stitch Grass Linen Pillow, \$100, Thomas Paul. Double Concentric Pillow, \$98, Jonathan Adler. Left: Gilda Strale throw, \$15, Ikea. Starburst Lime Archive Silk Pillow, \$80, Thomas Paul.

## Mix modern and traditional patterns

Using your fancy china or family heirlooms with contemporary pieces makes for a modern, easy look—the key is to stick with variations of one hue.



Above, from top: Acapulco Dinner Plates, \$46 for four, and Stripes Saucer, \$18 (with cup), Jonathan Adler. Blue and White Ceramic Dinnerware, \$325 for 47-piece set, Neiman Marcus. Mosaic Lake Napkins and Woodblock Lake Napkins, \$64 for four, DwellStudio. Right: (Stacked on table) Ceramic Spanish-Inspired Tapas Bowls, \$39 for four, Wisteria. Optic Blue Rug (5x9), \$81, The Koko Company.



**TIP:** Table linens and a patterned rug in the same color as your serving pieces unify the look of the entire room.



**TIP:**

Patterns can come through in your art, too. We used shell shadowboxes to play off the shell pattern in the rug and add interest to the wall.

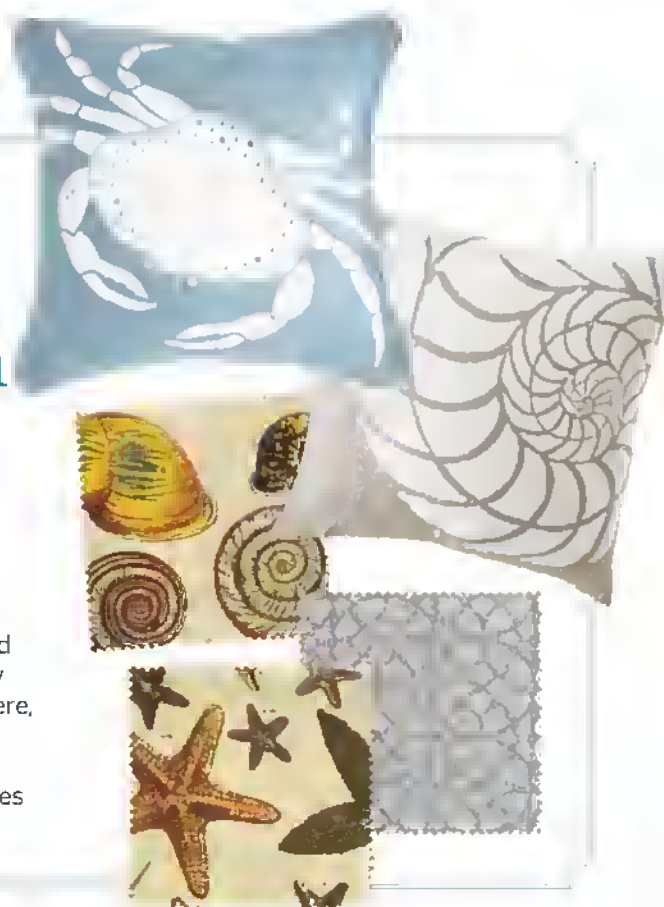




This page: Seashells Wool Hooked Rug (5x8), \$398, Dash & Albert. Crab Pillow, \$68, EcoArt. White Nautilus on Natural Linen Pillow, \$185, Dermond Peterson. Shells I Pillow, \$158, Design Legacy. Thomas O'Brien Throw, \$40, Target. Starfish Pillow, \$158, Design Legacy. Opposite page: Shadowboxed shells, \$149 each, Wisteria.

## Pick a theme and run with it

Here, the seashore served as inspiration, and the shell theme and sand and surf colors followed. Start with a large, patterned piece, like the densely patterned shell rug here, then pull the colors from the rug to use in pillows and accessories throughout the room.



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Far left, from top: Striped Towel in Coastal Stripe, \$24, Garnet Hill. Company Cotton Reversible Dot Bath Towel in Hibiscus, \$22, The Company Store. Graduated Dot Towel in Lime Dot (two views), \$24, Garnet Hill. Home Bath Towel in Striped Jacquard, \$10, and Home Hand Towel in Blue Polka Dot, \$8, Target. Striped Towel in Bright Stripe, \$24, Garnet Hill. Left: Shower curtain, similar styles at Target. Striped Oval Bath Rug in Bright Stripe, \$48, Garnet Hill. Home Chunky Ribbed Bath Mat, \$20, Target.

**TIP:** Be fearless in the bathroom, where the hard fixtures make a perfect background for a riot of color.

## Combine bright stripes and dots

Stripes, polka dots, gingham, and even simple plaids are all such basic patterns that they always work together, even when you mix textures. Just choose either brights or neutrals—not both.

# Osteoporosis: Get The Facts

**Q:** My doctor told me I have postmenopausal osteoporosis. But I feel fine and I just assumed I didn't have to be concerned about this.

**Dr. Anderson:** Many women don't know they have osteoporosis because it often has no signs or symptoms. But on the inside, your bones can weaken over time, making you vulnerable to fracture. So a diagnosis of osteoporosis is something you really shouldn't ignore.

**Q:** Is there anything I should be doing?

**Dr. A:** Treatment can help you avoid fractures and associated complications. Ask your doctor about treatment options like Once-a-Month Actonel. It's clinically proven to help reverse bone loss and can help increase bone strength to help prevent fractures.

Actonel is a prescription medication to treat postmenopausal osteoporosis.

**Important Safety Information for Actonel® (risedronate sodium) tablets.**

You should not take Actonel if you are allergic to any of the ingredients, if you have problems of the esophagus which delay emptying into the stomach, if you have low blood calcium (hypocalcemia), have kidneys that work poorly, or cannot stand or sit upright for 30 minutes. Stop taking Actonel and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow dosing instructions carefully to lower the chance of these events occurring.

Side effects may include stomach pain, upset stomach, or back, muscle, bone or joint pain, sometimes severe. Contact your doctor for medical advice about side effects, or if you have questions about Actonel. Promptly tell your doctor if you develop dental problems, as serious jawbone problems have been reported rarely.

You are encouraged to report side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see the Actonel Patient Information on the adjoining page.

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## Patient Information: ACTONEL® (AK-toh-nel) Tablets

ACTONEL (risedronate sodium) tablets 5 mg, ACTONEL (risedronate sodium) tablets 35 mg, ACTONEL (risedronate sodium) tablets 75 mg, and ACTONEL (risedronate sodium) tablets 150 mg for Osteoporosis. Read this information carefully before you start to use your medicine. Read the information you get every time you get more medicine. There may be new information. This information does not take the place of talking with your healthcare provider about your medical condition or your treatment. If you have any questions or are not sure about something, ask your healthcare provider or pharmacist.

### What is the most important information I should know about ACTONEL?

ACTONEL may cause problems in your stomach and esophagus (the tube that connects the mouth and the stomach), such as trouble swallowing (dysphagia), heartburn (esophagitis), and ulcers. You might feel pain in your bones, joints, or muscles (See "What are the Possible Side Effects of ACTONEL?").

**You must follow the instructions exactly for ACTONEL to work and to lower the chance of serious side effects. (See "How should I take ACTONEL?").**

### What is ACTONEL?

ACTONEL is a prescription medicine used:

- to prevent and treat osteoporosis in postmenopausal women,
- to increase bone mass in men with osteoporosis,
- to prevent and treat osteoporosis in men and women that is caused by treatment with steroid medicines such as prednisone,
- to treat Paget's disease of bone in men and women. The treatment for Paget's disease is very different than for osteoporosis and uses a different dose of ACTONEL. This leaflet does not cover using ACTONEL for Paget's disease. If you have Paget's disease, ask your healthcare provider how to use ACTONEL.

ACTONEL may reverse bone loss by stopping more loss of bone and increasing bone strength in most people who take it, even though they won't be able to see or feel a difference. ACTONEL helps lower the risk of breaking bones (fractures). Your healthcare provider may measure the thickness (density) of your bones or do other tests to check your progress.

### Who should not take ACTONEL?

**Do not take ACTONEL if you:**

- have problems of the esophagus which delay emptying
- have low blood calcium (hypocalcemia)
- cannot sit or stand up for 30 minutes
- have kidneys that work poorly
- have an allergy to ACTONEL. The active ingredient in ACTONEL is risedronate sodium. (See the end of this leaflet for a list of all the ingredients in ACTONEL.)

### Tell your doctor before using ACTONEL if:

- you are pregnant or may become pregnant. We do not know if ACTONEL can harm your unborn child.
- you are breast-feeding or plan to breast-feed. We do not know if ACTONEL can pass through your milk and if it can harm your baby.
- you have kidney problems. ACTONEL may not be right for you.

**Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal supplements.**

ACTONEL can interact with other medicines. Keep a list of all the medicines you take. Show it to all your healthcare providers, including your dentist and pharmacist, each time you get a new medicine.

### How should I take ACTONEL?

The following instructions apply to all patients taking ACTONEL:

- Take ACTONEL exactly as prescribed by your healthcare provider.
- Take ACTONEL first thing in the morning before you eat or drink anything except plain water.
- Take ACTONEL while you are sitting up or standing.
- Take ACTONEL with 6 to 8 ounces (about 1 cup) of plain water. Do not take it with any other drink besides plain water.
- Swallow ACTONEL whole. Do not chew the tablet or keep it in your mouth to melt or dissolve.
- After taking ACTONEL you must wait at least 30 minutes **BEFORE**:
  - lying down. You may sit, stand, or do normal activities like read the newspaper or take a walk.
  - eating or drinking anything except plain water.
  - taking vitamins, calcium, or antacids. Take vitamins, calcium, and antacids at a different time of the day from when you take ACTONEL.
- Keep taking ACTONEL for as long as your healthcare provider tells you.
- For ACTONEL to treat your osteoporosis or keep you from getting osteoporosis, you have to take it exactly as prescribed.
- If you miss a dose of ACTONEL, call your healthcare provider for instructions.
- If you take more than your prescribed dose of ACTONEL, call your healthcare provider right away.
- Your healthcare provider may tell you to take calcium and vitamin D supplements and to exercise.

### What is my ACTONEL schedule?

ACTONEL tablets are made in 4 different dosages (amounts). How often you should take your tablet depends upon the dosage that your doctor has prescribed (recommended) for you.

- 5 mg tablets are yellow. One tablet should be taken every day in the morning.
- 35 mg tablets are orange. One tablet should be taken once a week in the morning.
- 75 mg tablets are pink. One tablet should be taken in the morning two days in a row every month.
- 150 mg tablets are blue. One tablet should be taken once a month in the morning.

If you miss your dose in the morning, do not take it later in the day. You should call your healthcare provider for instructions.

### What should I avoid while taking ACTONEL?

- Do not eat or drink anything except water before you take ACTONEL and for at least 30 minutes after you take it. (See "How should I take ACTONEL?").
- Do not lie down for at least 30 minutes after you take ACTONEL.
- Foods and some vitamin supplements and medicines can stop your body from absorbing (using) ACTONEL. Therefore, do not take anything other than plain water at or near the time you take ACTONEL.

### What are the possible side effects of ACTONEL?

**Stop taking ACTONEL and tell your healthcare provider right away if:**

- swallowing is difficult or painful
- you have chest pain
- you have very bad heartburn or it doesn't get better

Possible serious side effects may include:

- esophagus or stomach problems, including ulcers, pain, or trouble swallowing. Tell your healthcare provider if you have pain or discomfort in your stomach or esophagus.
- low calcium and other mineral disturbances. If you already have one (or more) of these problems, it should be corrected before taking ACTONEL.

- pain in bones, joints or muscles, sometimes severe. Pain may start as soon as one day or up to several months after starting ACTONEL.
- jawbone problems in some people, which may include infection and slower healing after teeth are pulled. Tell your healthcare providers, including your dentist, right away if you have these symptoms.

Common side effects include the following:

- back and joint pain
- upset stomach and abdominal (stomach area) pain
- short-lasting, mild flu-like symptoms, which are reported with the monthly doses and usually get better after the first dose.

Other possible side effects may include:

- **Allergic and severe skin reactions.** Tell your healthcare provider if you develop any symptoms of an allergic reaction including: rash (with or without blisters), hives, or swelling of the face, lips, tongue, or throat. **Get medical help right away if you have trouble breathing or swallowing.**
- **Eye inflammation.** Tell your healthcare provider if you get any eye pain, redness, or if your eyes become more sensitive to light.

**Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.**

### How should I store ACTONEL?

- Store ACTONEL between 68°F to 77°F (20°C to 25°C).
- **Keep ACTONEL and all medicines out of the reach of children.**

### General information about ACTONEL:

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ACTONEL for a condition for which it was not prescribed. Do not give ACTONEL to other people, even if they have the same symptoms you have. It may harm them.

### What if I have other questions about ACTONEL?

This leaflet summarizes the most important information about ACTONEL for osteoporosis. If you have more questions about ACTONEL, ask your healthcare provider or pharmacist. They can give you information written for healthcare professionals. For more information, call 1-877-ACTONEL (toll-free) or visit our web site at [www.actonel.com](http://www.actonel.com).

### What are the ingredients of ACTONEL?

ACTONEL (active ingredient): risedronate sodium,

ACTONEL (inactive ingredients): All dose strengths contain: croscopolldone, hydroxypropyl cellulose, hypromellose, magnesium stearate, microcrystalline cellulose, polyethylene glycol, silicon dioxide, and titanium dioxide.

Dose-strength specific ingredients include: 5 mg—ferric oxide yellow, lactose monohydrate; 30 mg—lactose monohydrate; 35 mg—ferric oxide red, ferric oxide yellow, lactose monohydrate; 75 mg—ferric oxide red; 150 mg—FD&C blue #2 aluminum lake.

ACTONEL® is marketed by:  
Procter & Gamble Pharmaceuticals, Inc.  
Cincinnati, Ohio 45202  
and  
sanofi-aventis U.S. LLC  
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# Cook with your KIDS

Transform cooking time into family time—in no time!—with these 5 tasty recipes that make it easy for your kids to help out in the kitchen. By Frank P. Melodia

## Meatball sliders

Prep time: 20 minutes

Cooking time: 50 minutes

- 1 Tbsp olive oil, plus more for frying
- ½ cup finely chopped onion
- 2 cloves garlic, minced
- 3 slices white bread, crusts removed, torn in pieces
- ⅓ cup milk
- ¾ lb ground beef chuck
- ½ lb ground pork
- ¼ lb ground veal
- ½ cup freshly grated Parmesan or Pecorino Romano cheese
- 1 large egg, beaten
- 2 Tbsp chopped fresh basil or Italian parsley
- ½ tsp each kosher salt and freshly ground black pepper
- 3 cups homemade or store-bought marinara sauce
- 1½ cups baby arugula
- 1 (15-oz) pkg party-size potato rolls, split, or other mini soft rolls
- 10 thin deli slices provolone cheese, halved

1. In a small saucepan, heat oil over medium-low heat and sauté onions and garlic until translucent, about 5 minutes; let cool. In a medium bowl, combine bread and milk; let stand until mushy. Add ground meats, onion mixture, cheese, egg, basil, salt, and pepper; mix with hands until just combined (don't overmix). Using a small ice cream scoop or a tablespoon, form into 20 small meatballs.
2. Heat about ¼ cup of olive oil in a large, deep skillet over medium heat. Working in batches, fry meatballs until brown all over, about 7 minutes

per batch. Transfer to a plate. Discard drippings and wipe skillet. Add marinara sauce to skillet and return meatballs to sauce. Bring to a boil, reduce heat to low, cover with lid slightly ajar, and simmer, turning meatballs occasionally, about 30 minutes or until meatballs are tender.

3. To serve, place arugula leaves on bottom of each roll. Top each with 1 meatball. Drizzle each meatball with some of the sauce and top with a cheese slice and the top of the roll.

Makes 20 sliders.

Each slider: 215 cal, 11g fat, 13g protein, 15g carb

### KIDS CAN HELP!

■ **Preschoolers:** Put cheese on meatballs; top sliders with buns.

■ **Ages 6 to 9:** Using ice cream scoop, form meat mixture into balls.

■ **Twins:** Mix meatball mixture with hands.





# ADD A LITTLE JAZZ TO YOUR DINNER LINEUP.



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## Sesame peanut noodles

Prep time: 25 minutes

Cooking time: 8 minutes

### PEANUT SAUCE

- 1½-inch piece fresh peeled  
ginger, sliced
- 2 garlic cloves
- ½ cup chunky peanut  
butter
- ¼ cup tahini (sesame seed  
paste)
- ¼ cup natural rice vinegar
- 3 Tbsp soy sauce
- 2 Tbsp Asian sesame oil
- 1 Tbsp hot chili oil
- 1 Tbsp sugar
- ⅓ cup warm water

### NOODLES

- 1 lb spaghetti
- 2 tsp Asian sesame oil
- 1 small seedless  
cucumber, cut into  
2-inch julienne strips
- 2 cups lightly packed fresh  
cilantro leaves, torn
- 1 small red bell pepper, cut  
into 2-inch julienne  
strips
- 4 scallions, thinly sliced on  
the diagonal
- 1 cup shredded carrots
- ½ cup chopped peanuts

1. **Peanut sauce:** Mince ginger and garlic in a food processor. Add peanut butter, tahini, vinegar, soy sauce, sesame oil, hot chili oil, and sugar. Process until combined; add water, process until smooth.
2. **Noodles:** Cook spaghetti according to package directions. Drain; rinse with cold water. Drain well.
3. Toss spaghetti with sesame oil. Add peanut sauce and toss to coat. Add cucumber, cilantro, bell pepper, scallions, and carrots; toss to combine. Sprinkle with peanuts to serve.

Makes 8 servings.

Each serving: 458 cal, 23g fat, 15g protein, 51g carb

### KIDS CAN HELP!

- **Preschoolers:** Sprinkle noodles with peanuts.
- **Ages 6 to 9:** Toss all ingredients together.
- **Tweens:** Make peanut sauce in food processor.



# GIVE THEM SOMETHING TO BARK ABOUT

As a mom, you know that a little TLC can go a long way! Show your Pup some love and attention with these tail wagging ideas—guaranteed to make your dog say “woof!”



1. **Play up your affection.**  
Regular belly rubs and back scratches will always score you major points with your canine companion.
2. **Long walks in the park aren't just exercise for you!**  
Our four-legged friends need lots of fresh air and exercise too.
3. **Set aside some mandatory cuddle time.**  
Spending one-on-one time with your Pup shows how much you care. And, after all, you can't have too much cuddle time.
4. **Best friends share everything.**  
So plan days that you'll enjoy together. There are lots of Pup-Friendly destinations out there!
5. **Shower them with I Love You's.**  
Not only will your dog eat up the attention, he'll be sure to return the favor with lots of snuggles and kisses.
6. **Share the love!**  
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## Cook with your kids

### Sausage, spinach, and cheese stuffed shells

Prep time: 15 minutes

Cooking time: 1 hour

- 1 (12-oz) pkg jumbo pasta shells (about 36)
-  1/2 cup finely chopped onion
- 3/4 lb bulk sweet Italian sausage
- 2 cloves garlic, minced
- 1 large egg
- 1 (15-oz) container whole or part-skim ricotta cheese
- 1 (9-oz) box frozen chopped spinach, thawed, squeezed dry
- 3/4 cup grated Parmesan cheese
- 4 oz fresh mozzarella, grated
- 1/2 tsp each kosher salt and freshly ground pepper
- 1 (32-oz) jar tomato sauce with basil

1. Bring a large pot of salted water to a boil; add pasta shells and cook according to package instructions. Drain in a colander; rinse under cold water to stop the cooking. Drain shells on paper towels.
2. Heat oil in a large skillet on medium-high heat; add onion and cook until softened, about 5 minutes. Add sausage, breaking up into smaller bits with a wooden spoon. Cook, stirring frequently, until sausage is no longer pink, about 5 minutes. Add garlic and cook 1 minute longer. Remove pan from heat.
3. Beat egg lightly in a large bowl; stir in ricotta, spinach, 1/2 cup of the Parmesan cheese, mozzarella, salt, pepper, and the cooled sausage mixture until blended. Fill pasta shells with mixture.
4. Heat oven to 350°F. Spread 1 cup of the tomato sauce over the bottom of a 3-quart baking dish. Arrange stuffed shells in dish. Spread remaining tomato sauce over pasta shells. Cover dish with foil; bake for 30 minutes, until hot and bubbling. Remove foil; sprinkle with remaining Parmesan cheese. Bake uncovered for 10 minutes longer.

Makes 8 servings.


Each serving: 500 cal, 24g fat, 26g protein, 45g carb



#### KIDS CAN HELP!

 **Preschoolers:** Sprinkle Parmesan cheese on top of shells.

 **Ages 6 to 9:** Mix filling together.

 **Twins:** Spoon mixture into shells.



# Oscar Mayer

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get better  
than this

## Chicken tacos with charred salsa

Prep time: 20 minutes

Cooking time: 24 minutes

### CHARRED SALSA

- 1 lb tomatillos, husks removed and washed
- 1 lb plum tomatoes
- 2 jalapeño chiles
- 1 small yellow onion, cut into 4 slices
- ¼ cup chopped cilantro
- ¾ tsp each ground cumin and kosher salt
- 1 Tbsp lime juice

### TACOS

- 12 whole-grain yellow corn tortillas
- 3 cups shredded cooked chicken

### ACCOMPANIMENTS:

shredded iceberg lettuce, shredded white cheddar cheese or jack cheese, sour cream, guacamole

1. **Salsa:** Heat a double stove-top grill pan or griddle over medium-high heat until very hot. Place tomatillos, tomatoes, chiles, and onion slices on pan and turn occasionally with tongs until charred on all sides, about 10 to 12 minutes. Transfer to a plate to cool. Halve tomatillos, tomatoes, and chiles. Squeeze out seeds from tomatillos and tomatoes and scrape out seeds from chiles, then place in a food processor with onions. Pulse until coarsely chopped. Transfer to a sieve set over a bowl to drain excess liquid. Transfer to a serving bowl; stir in remaining salsa ingredients.
2. **Tacos:** See box, opposite page, for making taco shells.
3. Toss chicken with 1 cup of the salsa. To serve, fill taco shells with lettuce and top each with ¼ cup of the chicken. Top with cheese, sour cream, and guacamole. Serve with remaining salsa.

Makes 6 servings (12 tacos).

Each taco: 280 cal, 5g fat, 27g protein, 34g carb



### KIDS CAN HELP!

■ **Preschoolers:** Sprinkle tacos with cheese and lettuce.

■ **Ages 6 to 9:** Make taco shells; fill tacos with meat and toppings.

■ **Twins:** Process salsa in food processor.



## Make your own homemade taco shells

1. Heat oven to 350° F. Tear twelve 12-inch lengths of foil and crumple each into a 5-inch free-standing oval. Arrange ovals on a large baking sheet.
2. Stack tortillas and wrap in a damp paper towel. Microwave on high for 30 to 40 seconds, until hot and softened.
3. Lightly spray each tortilla with olive oil cooking spray and drape over foil ovals. Bake tortillas 12 minutes or until crisp and lightly browned. Let cool.



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## Pizza with the works

Prep time: 25 minutes

Cooking time: 25 minutes

- 2 Tbsp extra-virgin olive oil
- 1 clove garlic, thinly sliced
- ½ lb assorted fresh mushrooms (white button, shiitake, oyster), cleaned, trimmed, and thinly sliced
- 1 cup thinly sliced red and yellow bell pepper strips
- 2 tsp chopped fresh oregano leaves
- ¼ tsp each kosher salt and freshly ground pepper
- 1 lb fresh or thawed frozen pizza dough, halved, shaped into balls
- ⅔ cup pizza sauce
- 20 thin slices pepperoni
- 8 oz fresh mozzarella, thinly sliced, slices torn into small pieces
- 2 Tbsp grated Parmesan cheese

1. Heat oil and garlic in a skillet over medium heat. Add mushrooms, peppers, oregano, salt, and pepper; sauté 4 minutes; cool. Place a pizza stone on bottom rack of oven; heat oven to 500°F.
2. Lightly flour work surface. Place one piece of dough on dusted surface (keep remaining piece covered with a kitchen towel), turning it over to flour the top. Holding your fingers flat, press dough into a disk. Continue to flatten disk, pushing it out and thinning it. Drape the circle of dough over your closed fists and, with your thumbs down, move hands up and down, tugging and stretching dough evenly until it is 10 to 12 inches in diameter, keeping the edge slightly thicker than the rest. Press dough out onto pizza pan.
3. Flour a pizza peel or rimless baking sheet. Place dough on peel. Spread ⅓ cup of the sauce on

dough, to within 1 inch of edge. Arrange half of the sautéed vegetables, pepperoni, and mozzarella over sauce; sprinkle with half the Parmesan. Slide pizza onto baking stone; bake 8 to 10 minutes, until crisp and golden brown. Transfer to a board and cut into 6 wedges. Repeat for second pizza.

Makes 2 pizzas, 6 slices each.

Each slice of pizza: 228 cal, 11g fat, 10g protein, 21g carb

Cook with your kids



### KIDS CAN HELP!

■ **Preschoolers:** Flour work surface and pizza peel; choose toppings.

■ **Ages 6 to 9:** Assemble pizzas; add sauce, cheese, and toppings.

■ **Twins:** Stretch dough.

## spread a little littler Philly

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new size!

# Hungry Girl's fried-food makeovers

These fast-food swaps are just as crunchy as the fried stuff—but have a fraction of the fat and calories.



## Bake-tastic butternut-squash fries

You'd never guess that these scrumptious spears have two-thirds fewer calories than fast-food fries!

**2 lb butternut squash**  
**1/8 tsp coarse salt**  
**nonstick cooking spray**

1. Heat oven to 425° F.
2. Using a sharp knife, slice the ends off a 2-pound butternut squash, then cut it in half width-wise. (Squash can be hard to cut, so you'll need to use some muscle!) Peel squash with a vegetable peeler or knife. Cut the round bottom piece in half lengthwise and remove the seeds.
3. Using a crinkle cutter or a knife, cut squash into spears. Pat fries with a paper towel. Sprinkle evenly with salt.

4. Lay spears on a layer of paper towels and let stand for at least 5 minutes, then pat with a paper towel again.
5. Spray a baking sheet with nonstick cooking spray, then place spears on it.
6. Bake for 20 minutes, then carefully flip spears using a spatula. Bake for 20 minutes longer, until crispy on the outside.

Makes 2 servings.

**Each serving: 125 calories, 0.5g fat, 3g fiber, 3g protein**



## Kickin' buttermilk faux-fried chicken strips

Mixing ground Fiber One cereal with panko makes these strips supercrunchy; the buttermilk makes 'em extra-tender.

**1/3 cup reduced-fat buttermilk**  
**1/8 tsp paprika**  
**12 oz boneless, skinless chicken breast tenders (about 10 pieces)**  
**nonstick cooking spray**  
**1/3 cup Fiber One Original cereal**  
**1/3 cup panko breadcrumbs**  
**1 Tbsp dry onion soup mix salt**

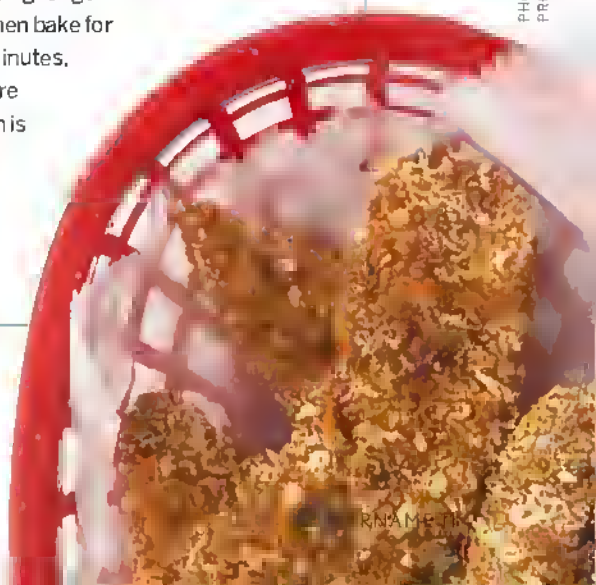
1. In a large sealable container or plastic bag, combine buttermilk with paprika and mix well.
2. Add chicken tenders and coat completely. Seal and refrigerate for at least 1 hour.
3. Heat oven to 375° F.
4. Spray a large baking sheet with nonstick spray and set aside.
5. Using a blender or a food processor, grind cereal to a breadcrumb-like consistency. Pour crumbs into a large bowl. Add panko, onion soup mix, and a dash or two of salt and mix thoroughly.
6. One at a time, remove chicken

pieces from container or bag, give them a shake (to get rid of excess buttermilk), coat them evenly with the crumb mixture, and lay them flat on the baking sheet. Bake for 10 minutes. Flip strips carefully (using tongs if you have them), then bake for an additional 10 minutes, or until outsides are crispy and chicken is cooked through.

Makes 2 servings.

**Each serving: 315 calories, 5g fat, 5g fiber, 43g protein**

Go to [redbookmag.com/hgonionrings](http://redbookmag.com/hgonionrings) for the recipe for these crunchy baked onion rings. And for more hints, tricks, and recipes from Lisa Lillien, a.k.a. Hungry Girl, sign up for daily emails at [hungry-girl.com](http://hungry-girl.com).



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# DRUMSTICK

The sign on the dock said "No Running", but it didn't say anything about prize-winning cannonballs. If this were the Summer Olympics, I would have won the gold medal. When our fingers officially turned into prunes, we got out of the water and headed back up to the house. With flip-flops in tow, we ended our perfect day the perfect way.



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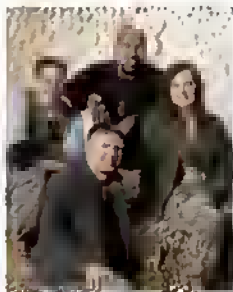


Bite into a nutty, crunchy, chocolatey Drumstick® cone.

# Down time

## MAY'S REDHOTLIST

**1 THE GROOVY GOOO DEEO** Rock out to the self-titled debut album of **4Troops**, a quartet of veterans of the Afghanistan and Iraq wars. The mix of covers (including hits from Toby Keith and Sarah McLachlan) and original songs is a touching tribute to soldiers' sacrifices. And a portion of sales proceeds will go to various veterans' organizations.

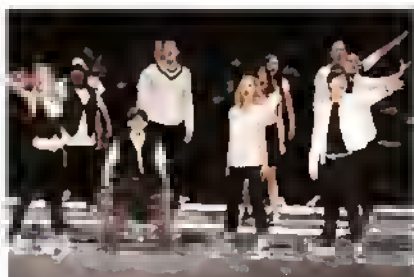


March to the excellent beat of **4Troops'** debut.

**2 THE CHICK-FLICK EVENT THAT WE'VE BEEN ANTICIPATING FOR MONTHS (YEARS!)** In *Sex and the City 2*, in theaters May 28, New York's most fashionable foursome get a reality check that may include infidelity, financial woes, and unrealized dreams. Welcome to the real world, ladies—you're going to lean on one another more than ever. Need a Carrie fix before the end of the month? Candace Bushnell's new novel, *The Carrie Diaries*, follows the life of La Bradshaw when she was a starry-eyed high school girl.

**3 THE BEST WAY TO TEACH AN OLD OOG NEW TRICKS** Beth Ostrosky Stern may be best known as shock jock Howard Stern's better half, but thanks to her new book, *Oh My Oog*, she's about to become every pooch's best friend. This entertaining guide overflows with tips for training and caring for your pup.

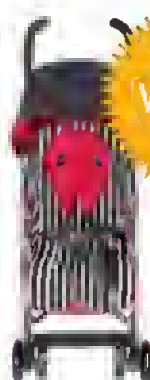
**4 THE REASON WE LEARNED EVERY WORD OF "OON'T STOP BELIEVING"** Get your *Glee* on! Sing along with the cast of Fox's hit musical comedy when they go on tour: May 18 through



May 29 in Phoenix, Los Angeles, Chicago, and New York City. For more information, go to [gleetour2010.com](http://gleetour2010.com).

*Glee's* cast takes its show-stopping tunes on the road.

One of *Babies's* aww-some stars.



WIN IT!

**5 ALL THE CUTENESS YOU CAN HANDLE** The fascinating documentary *Babies* follows four infants—in Mongolia, Namibia, San Francisco, and Tokyo—through their first year of life. It's an utterly memorable—and, yes, adorable—exploration of who and how we are. In theaters May 7. **WIN IT!** 1 reader will win a MacLaren Kate Spade Buggy! Includes headrest and shoulder pads. Total retail value, \$325. Enter at [redbookmag.com/winit](http://redbookmag.com/winit). See page 223 for details.

**6 CHARMING REAOS BY FUNNY GUYS** Writer/director Damon Wayans takes a turn as novelist with *Red Hats*, about a disillusioned widow who regains her zest for life thanks to new friends and new love. And in comedian Jay Mohr's memoir, *No Wonder My Parents Orank: Memoirs of a Stand-Up Oad*, the *Gary Unmarried* star shares crack-up accounts of his less-than-noble dad moments.

**7 THE PERFECT ADDITION TO OUR REALITY-TV LINEUP** On WE's new reality show *You're Wearing That???* style-challenged celeb mom-daughter pairs (like *American Idol* finalist Kimberly Locke and mom) get a chance to make each other over. Premieres May 14.

**8 THE BEST REASON TO STAY UP PAST YOUR BEOTIME** *Saturday Night Live* may not be part of your usual weekend plans, but you won't want to miss the fun on May 8: *The Proposal* scene-stealer Betty White hosts, plus there's a Mother's Day-inspired reunion of SNL alums (and moms) Tina Fey, Amy Poehler, and Maya Rudolph.

## HOT GUY WITH A HANDY TIP: Ryan McPartlin

Like most up-and-coming actors, Ryan McPartlin, who plays Devon "Captain Awesome" Woodcomb, M.D., on NBC's *Chuck*, worked lots of random jobs to pay the bills before he started earning a steady paycheck. And it was on his first day of work as a bartender that he picked up a tip that's still helpful now, especially since he's a father of two toddler (i.e., hull-in-a-china-shop) sons:

"On my first night of bartending, I learned why you don't dip a glass directly into the ice bin, versus scooping ice out and putting it in the glass: When the glass breaks, you have to drain the entire ice bin to get the shards of glass out so you don't serve the customer a highball on the rocks—with some crushed glass.

After the leftover ice melted in the bin, I used a wet Q-tip and wet cotton balls to make sure all the broken glass was out of the crevices. Now that I'm no longer bartending but tending to my two sons, those same Q-tips and wet cotton balls come in handy when a glass breaks around the house. I can pick up the invisible shards that fall into cracks and crevices so there's no chance of the boys getting a sliver of glass in their feet."



# BOOKMARKS

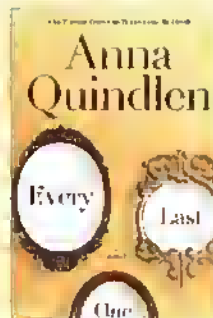
How to read the latest releases

## SHARE IT WITH THE CLUB

### Every Last One

by Anna Quindlen

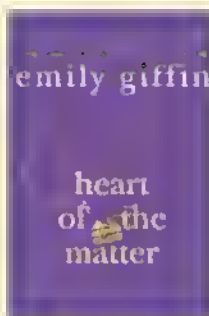
Mary Beth Latham is a landscape architect, a doctor's wife, and—first and foremost—a mom of three teens who prides herself on her parenting. When her son Max becomes



depressed, she finds herself so wrapped up in trying to help him that she's blindsided when unspeakable tragedy strikes her family. Could Mary Beth have done anything to change the course of events? Discuss amongst yourselves!

## READ IT IN THE TUB

### Heart of the Matter by Emily Giffin



Giffin's latest novel delves deep into all-too-tricky matters of the heart: Nick Russo is a pediatric plastic surgeon who becomes a little too involved in one of his cases. His enthusiastic dedication leads his wife, Tessa,

to suspect that he may be doing more than consulting with his patient's single mom. This juicy read will make you feel like you're sneaking a peek into your best friend's diary.

## WE JUST LOVE IT

### If You Knew Suzy

by Katherine Rosman

After her mother died of cancer, memoirist Rosman realized she'd never really known anything about her mom beyond her role as a parent. Using reporting skills from her years at *The Wall Street Journal*, Rosman embarked on a yearlong journey to discover the dynamic, funny, and sometimes flawed selves that made up the woman who gave her life.



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## FILM FORUM: BLOCKBUSTER EDITION

This month, Hollywood shifts into action mode. Let the adventures begin!



In Hood's Russell Crowe aims to please.

### Iron Man 2

It's going to be hard to beat the comedy, action, and special effects of this sequel. A trio of new villains (Scarlett Johansson, Mickey Rourke, and Sam Rockwell) and a playful, budding romance between original stars Robert Downey Jr. and Gwyneth Paltrow amp up the action/romance to near-nuclear levels. (May 7)

### Robin Hood

The men behind the drama *Gladiator*, director Ridley Scott and Russell Crowe, are back for a new and tougher take on this classic adventure. Crowe may be the most rough-and-tumble Robin Hood we've seen on screen, but Cate Blanchett as the luminous Maid Marian softens the edge. (May 14)

### Shrek Forever After

What's an ogre to do after he's saved a kingdom, married his true love, and found domestic bliss? Mike Myers, Cameron Diaz, and Eddie Murphy unite once again when Shrek is tricked into an ill-advised pact by a dastardly Rumpelstiltskin. (May 21)

### Prince of Persia: The Sands of Time

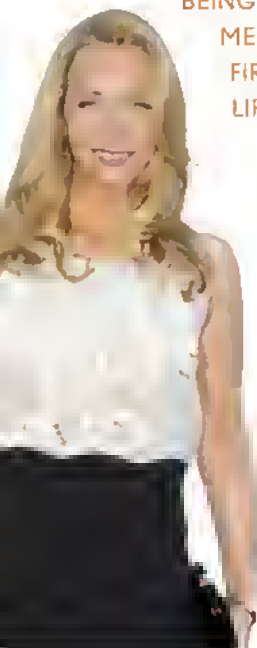
Fancy a little swashbuckling? Some windswept romance? Sexy royalty? Disney's epic story stars Jake Gyllenhaal as a heroic prince who teams with a kick-butt princess (Bond girl Gemma Arterton) to fight the dark forces threatening their kingdom. (May 28)

TOP: UNIVERSAL STUDIOS; CELEBS: FROM LEFT FILMMAGIC/GETTY IMAGES; GETTY IMAGES; WIREIMAGE/GETTY IMAGES; EDWARD LE POULIN/CORBIS.

### STAR STORIES

## "Being a mom made me \_\_\_\_\_"

4 of our favorite celeb moms fill in the blank.



BEING A MOM MADE ME FEAR FOR THE FIRST TIME IN MY LIFE. THE STAKES FELT HUGE. I THOUGHT I WAS GOING TO WAKE UP AND KNOW EXACTLY WHAT TO DO, AND I WAS VERY DISAPPOINTED WHEN I DIDN'T.

—Lisa Kudrow



Being a mom made me realize that motherhood is an impossibly difficult task. It's also made me make a motto around our house: I'm not perfect, and I don't expect you to be. We do the best we can.

—Rena Sofer

BEING A MOM MADE ME STRONGER. I'M A WARRIOR!

—Garcelle Beauvais-Nilon



Being a mom has made me so tired. And so happy.

—Tina Fey



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## “My on-the-job oops! moment”

Readers share tales of workplace woe.

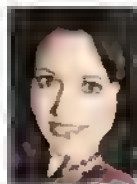
**Have you had an “oops” moment?** Tell us about it. Email us at [redbook@hearst.com](mailto:redbook@hearst.com) (subject: Laughs); include your full name, your city and state, and a recent photo. Your story and picture could end up in REDBOOK!

### Tagalong

I was a young and enthusiastic account manager for a large advertising agency, and I had to present a new campaign to one of our biggest clients. Dressed in my best suit (okay, my only suit), I marched off to meet the ad manager and her boss, the senior vice president of marketing. I made it through the presentation, and everyone seemed happy with my ideas. I reached over to shake hands with the VP—only to look down and see a brightly colored tag hanging from my armpit. It was a dry cleaner’s tag, and it said, “Thanks! We attempted to remove a stain, but unfortunately were not successful.” I think my face turned as bright as the tag!

Lisa House, Avon, CT

### Making a splash

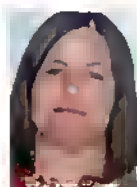


One morning, I was walking into an office building to meet a client. I was holding a cup of coffee in my right hand and carrying my briefcase in my left, and as I was walking through the lobby, the heel of my right shoe got caught in the cuff of my left pant leg. My hands were full and my feet were essentially tied up—the

only place for me to go was down, and I fell face first, coffee flying in every direction. I stood up, wiped myself off, and said, “Talk about making an entrance!” The lobby full of people applauded, and I laughed and continued on to my meeting. Embarrassing, yes, but sometimes all you can do is laugh it off!

Sharmen Lane, New York City

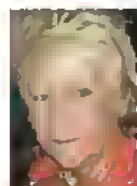
### Tools of the trade



I used to travel around the country for work and, being single, I’d occasionally bring my vibrator with me. On one particular trip, I carried it in my handbag rather than in my suitcase. As I passed through airport security, I was flagged, and a woman took my bag aside and started to look in the pockets. I was a little uncomfortable with the knowledge that she’d see my vibrator, but I assumed she’d know what it was and ignore it. The next few moments, though, were horrific: She reached into the side pocket of my bag, pulled out the vibrator and held it high overhead like a Roman candle, and said very loudly, “What’s *this*?” Caught in an extremely embarrassing moment as the long line of folks behind me started giggling, I looked her straight in the eye and said calmly, “It’s my vibrator, and it is for sexual gratification.” I can still hear her long, drawn-out *ooohhh* of comprehension as she returned it to my bag and returned my bag to me.

Robin Coventry, Dover, DE

### Hard sell



Last summer I was working as a director of sales at a local hotel, and I had a meeting with important clients. On the big day I wore a cute brown skirt and a matching top. As we finished our walk-through of the property, my general manager came in, and I stopped to introduce the clients. While we were talking, I felt a gentle puddling at my ankles. I looked down and saw that my really cute skirt was around my feet! I said, “Oh, my,” quickly pulled my skirt up, and excused myself to go get the clients’ contract from my office. The girl behind the front desk and the maintenance man were laughing, which only added to my embarrassment—but the happy ending is that I got the contract and the meeting was a success!

Kathi Edsall-Wilson, Lone Wolf, OK

A blue bag of Tostitos chips is shown in the background, with a bowl of chips in the foreground. The bag has the text "NATURALLY MADE WITH WHOLE GRAINS" in yellow. The bowl is filled with golden-brown, triangular tortilla chips.

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## Sandy stay

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& Golf  
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r 2 at Baleen  
Naples. Airfare  
vouchers included.  
Total retail value,  
\$2,150.

## Beautiful baubles

14 readers will each win a clutch from [nikitalynn.com](http://nikitalynn.com) and a necklace from [rcanady.com](http://rcanady.com). Stow your must-haves for a night out in the handmade silk clutch, then throw on the simple and stunning sterling-silver necklace with stardust beads. Value of set, \$110.



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[redbookmag.com/winit](http://redbookmag.com/winit) for  
the chance to win.

## Sleek strands

5 readers will each win a Hana Elite Flat Iron from [hanasalon.com](http://hanasalon.com). The 1.5-inch flat iron has ceramic plates that provide even heat distribution and temperature settings that guarantee you'll never burn your hair. Value of each, \$290.



## Perfect porch

3 readers will each win a porch set from [seasonalconceptsonline.com](http://seasonalconceptsonline.com). The set includes two oversize Savannah rocking chairs and a matching side table, perfect for holding pitchers of iced tea and your favorite magazines. Value of set, \$647.



## Playing house

10 readers will each win a Home & Garden Play House from [littletikes.com](http://littletikes.com). (The company is celebrating its 40th anniversary!) The playhouse has a stove, a mailbox, a workbench, and a planting area. Value of each, \$160.

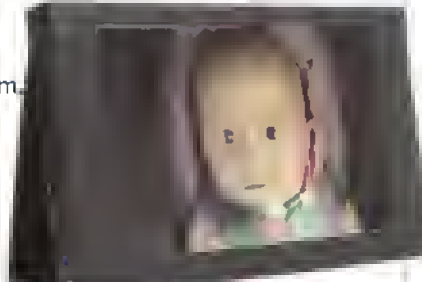
## Sweet life

19 readers will each win 5 pounds of See's Candies from [sees.com](http://sees.com). Choose any mix you crave, including See's signature assorted chocolates, peanut brittle, Nuts & Chews, Café Latte Lollypops, or toffee. Value of each, \$80.



## Photo upgrade

12 readers will each win a portable digital photo gallery from [album-life.com](http://album-life.com). Its simple digital menu makes uploading pics a snap, and its slim design makes it easily toteable. Value of each, \$150.



NECKLACE, CLUTCH, FRAME: PHOTOGRAPHED BY RICHARD MAJCHRAK/STUDIO D. COURTESY OF COMPANIES (5).

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E-mail: mrohr@hearst.com

## Shopping Guide

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### IT'S TIME TO SHINE

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### BEAUTY CHECKLIST

**PAGE 50:** Lancôme **L'Absolu Crème de Brilliance** Visibly Replenishing and Reshaping **Lip Cream**, \$29; specialty stores, Lancôme boutiques, lancome-usa.com. **Philosophy Art of Blushing palette**, \$35, and **Go with Grace Face Brush**, \$20; Philosophy stores, Sephora, Nordstrom, 800-568-3151, philosophy.com. **Tarte EmphasEyes Waterproof Clay Shadow/Liner Pots**, \$22; Sephora, Henri Bendel, tarte.com, sephora.com, beauty.com. **Tweezer** for **Benefit Pointed Slant Tweezer**, \$30, and **Slant Tweezer**, \$25; benefitcosmetics.com.

### POST-BABY BODY TREATMENTS

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### THE SUMMER SKIN-CARE SWITCH

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**PAGE 58:** Lumene **Sensitive Touch Comforting Night Cream**, \$18; CVS, cvs.com. **SkinCeuticals Sheer Physical UV Defense SPF 50 sunscreen**, \$30; skinceuticals.com. **Bliss Fabulous Foaming Face Wash**, \$22; blissworld.com. **Skin Effects by Dr. Jeffrey Dover Glycolic Day Cream SPF 30**, \$17; CVS, cvs.com.

### BEAUTY THAT MAKES SENSE

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**PAGE 64:** Urban Rituelle **Creamy Vegetable Soap**, \$6; fineboutiques nationwide, urbanrituelle.com. **Guerlain Rouge G de Guerlain Le Brillant lipstick**, \$46; Saks Fifth Avenue, Neiman Marcus, Bergdorf Goodman. **Addicted to Dior Luggage Tag**, \$60; Dior beauty counters nationwide. **Halston Woman Eau de Parfum Spray**, \$100; Neiman Marcus. **Michael Kors Very Hollywood Eau de Parfum Spray**, \$85; michaelkors.com. **Giorgio Armani Rouge D'Armani lipstick**, \$30; giorgioarmanibeauty.com. **Tarte Natural Gel Lip Stain**, \$24; Sephora, sephora.com.  
**PAGE 66:** Philip B. **Botanicals Russian Amber Imperial Shampoo**, \$140; philipb.com for retailers.

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**PAGE 68:** Farmhouse Fresh **Whoopee Crème**, \$30; farmhousefreshgoods.com. **Annick Goutal Ninfeo Mio fragrance**, \$80; annickgoutal.com for store locator. **Nouveau Paris Just a Few Notes Soy Candle Set**, \$48; Dillard's, nouveauparisinc.com.  
**PAGE 70:** Jo Malone **Vitamin E Body Balm**, \$75; Jo Malone Boutiques, Bergdorf Goodman, select Neiman Marcus and Saks Fifth Avenue stores, jomalone.com. **Mariah Carey Forever Eau de Parfum**, \$55; select department stores nationwide. **By Lauren Luke My Sultry Blues palette**, \$33; shop.bylaurenluke.com. **KMS California Hair Stay Style Boost primer**, \$18; kmscalifornia.com for store locator. **Stila Makeup Playful Kit**, \$70; stila.com.

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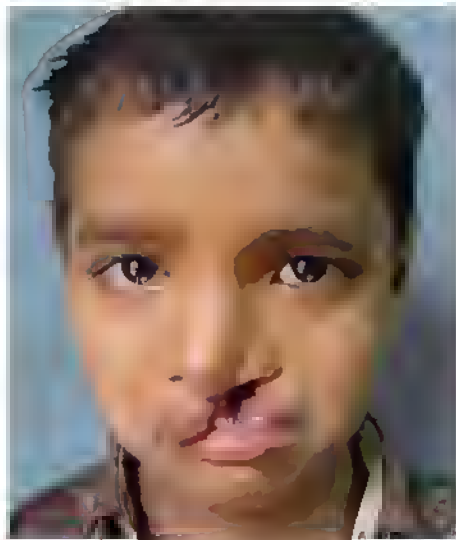
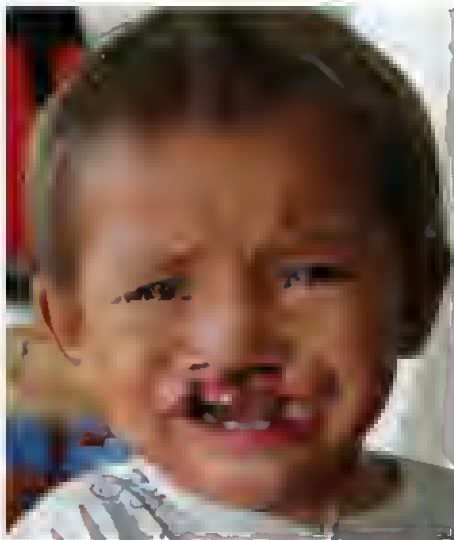
### MAMA KNOWS BEST

**PAGE 83:** **Talbots dress**, \$169; Talbots, 800-TALBOTS, talbots.com. **AMI Clubwear heels**, \$25; 888-908-1288, amiclubwear.com. **Monet earrings**, \$28; Macy's. **Rosana Sammi bangle**, \$75; shoprosanasammi.com.  
**PAGE 84:** **Vintage Havana top**, \$48; shopvintagehavana.com. **Beija-Flor pants**, \$170; lovethesejeans.com. **Nine West flats**, \$89; ninewest.com. **Marlyn Schiff bracelet**, \$48; 888-842-3055, proptoppei.com.  
**PAGE 85:** **Ann Taylor cardigan**, \$78; annataylor.com.

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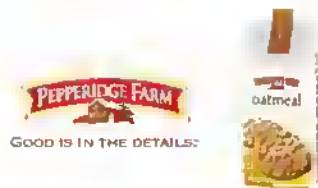
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From April 7 to May 8, visit [ebay.com/30dayofgreen](http://ebay.com/30dayofgreen) to bid on a private cooking lesson and lunch with Food Network star and internationally-acclaimed home and food expert Sandra Lee, along with other exciting experiences and items from your favorite Hearst Magazines! All proceeds from the charity auction will benefit The Nature Conservancy to help protect ecologically important lands and waters for nature and people.



## SURPRISINGLY UNEXPECTED AND TOTALLY CUTE

The Madrid sandal from Birkenstock is the original fitness sandal and it's now available in a range of fun colors including Coral, Opal, Citrine, Olivine, Amethyst, and Onyx. Its little ridges and valleys are perfectly placed to support all of your arches, and improve your muscle tone and mood. Available at better specialty retailers. To find a store near you go to [birkenstockusa.com](http://birkenstockusa.com)

Shown here in Onyx.



## MASSAGE ENVY

This Mother's Day, care for mom like she always cared for you with a Massage Envy gift card. It's the perfect way to give mom the healthy getaway you know she deserves. Visit [MassageEnvy.com](http://MassageEnvy.com) to find a location near you and pick up her gift card today!



## ENTER FOR A CHANCE TO WIN A \$100 Kmart SHOPPING SPREE!

Kmart and Jaclyn Smith – celebrating 25 years of style and design inspiration! Congratulations Jaclyn on making every day beautiful for 25 years! What a wonderful journey we have shared together.

Join the celebration and enter for your chance to win a \$100 Kmart gift card at [JaclynSmith25.com](http://JaclynSmith25.com). One winner will be selected each day for 25 days, so you have 25 chances to win!

There's smart, and there's Kmart smart.™

No purchase necessary to enter or win. Jaclyn Smith 25 Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning April 22, 2010 at 12:01 AM (ET) through May 21, 2010 at 11:59 PM (ET), go to [JaclynSmith25.com](http://JaclynSmith25.com) and complete and submit the entry form pursuant to the on screen instructions. Sweepstakes begin each day at 12:01 AM (ET) and end by 11:59 PM (ET). Odds of winning will depend upon the total number of eligible entries received. Must be 18 years or older and a legal resident of the 50 United States, District of Columbia or Canada. Void in Puerto Rico, Quebec Province and where prohibited by law. Sweepstakes subject to complete official rules available at [JaclynSmith25.com](http://JaclynSmith25.com)



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## Shopping Guide

Monrow **tee**, \$117; Bergdorf Goodman, NYC, 800-558-1855. Martin + Osa **pants**, \$80; martinandosa.com. Poetic Licence **heels**, \$98; 800-315-8971. musthaveshoes.com. Ippolita **earrings**, \$195; ippolita.com. Jules **necklace**, \$640; shopjules.com. Vita Fede **bracelet**, \$100; vitafede.com.

**PAGE 87:** Hard Tail **tank**, \$33; bloomingdales.com. Dolce Vita **boots**, \$270; endless.com. Helen Ficalora **bangles**, \$350 to \$900; 877-754-2676. Gorjana **rings**, \$145 for set; gorjana.com. (On Phoebe) Level 99 **jeggings**, \$88; Anthropologie, anthropologie.com. Links of London **bracelet**, \$180; linksofondon.com.

**PAGE 88:** Ali Ro **dress**, \$298; ali-ro.com. Isharya **earrings**, \$240; net-a-porter.com. Fulham **necklace**, \$100; polkadotsandmoonbeams.com. Skova **bangles**, \$75 each or \$165 for three; skovadesign.com. Rosena Sammi **cuff**, \$99; shoproenasammi.com. **PAGE 90:** Athleta **dress**, \$98; athleta.com. Colin Stuart for Victoria's Secret Catalogue **sandals**, \$39; victoriasssecret.com.

### DOZE OFF TO DE-STRESS

**PAGE 130:** Brookstone **pillow**, \$20; brookstone.com. Karen Neuberger **socks**, \$15; karenneuberger.com. Bath by Bettijo **mask**, \$15; bathbybettijo.com.

### PATTERN PLAY

**PAGE 185:** West Elm **sheet set**, \$89; westelm.com. Blissliving Home **duvet set**, \$275; blisslivinghome.com. DwellStudio **sheets**, \$270; dwellstudio.com. Blissliving Home **pillow**, \$65; blisslivinghome.com. West Elm **pillowcases**, \$29 for two; westelm.com. Thomas Paul **pillow**, \$100; velocityartanddesign.com. Blissliving Home **pillow**, \$75; blisslivinghome.com. West Elm **rug**, \$107; westelm.com.

**PAGE 187:** Flor **rug kit**, \$150; flor.com. Pier 1 **pillow**; visit pier1.com for locations and similar styles. Ikea **curtains**, \$69 for pair; ikea.com. Company C **rug**, \$935; companyc.com. The Koko Company **pillow**, \$83; kokotrends.com. Thomas Paul **pillow**, \$100; velocityartanddesign.com. Jonathan Adler **pillow**, \$98; jonathanadler.com. Ikea **throw**, \$15; ikea.com.

Thomas Paul **pillow**, \$80; velocityartanddesign.com. **PAGE 188:** Jonathan Adler **plates**, \$46 for four; neimanmarcus.com. Jonathan Adler **saucer**, \$18 (with cup); jonathanadler.com. Neiman Marcus **dinnerware**, \$325 for 47-piece set; neimanmarcus.com. DwellStudio **napkins**, \$64 for four; dwellstudio.com. Wisteria **bowls**, \$39 for four; wisteria.com. The Koko Company **rug**, \$81; kokotrends.com.

**PAGE 191:** Dash & Albert **rug**, \$398; dashandalbert.com. EcoArt **pillow**, \$68; obxtradinggroup.com. Darmond Peterson **pillow**, \$185; hudsonboston.com. Design Legacy **pillow**, \$158; obxtradinggroup.com. Thomas O'Brien **throw**, \$40; target.com. Design Legacy **pillow**, \$158; obxtradinggroup.com. Wisteria **shadowboxed shells**, \$149; wisteria.com. **PAGE 192:** Garnet Hill **towel**, \$24; garnethill.com. The Company Store **towel**, \$22; thecompanystore.com. Garnet Hill **towel**, \$24; garnethill.com. Target **bath towel**, \$10, and **hand towel**, \$8; target.com. Garnet Hill **towel**, \$24; garnethill.com. Target **shower curtain**; target.com for similar styles. Garnet Hill **bath rug**, \$48; garnethill.com. Target **bath mat**, \$20; target.com.

## Sweepstakes Rules

**THE PEETES' BOOK GIVEAWAY. NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Go to [redbookmag.com/winit](http://redbookmag.com/winit) between 12:01 a.m. ET on April 20, 2010, and 11:59 p.m. ET on May 24, 2010, and complete and submit the entry pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, or Canada who has reached the age of majority in his or her state of residence at time of entry. Void in Puerto Rico, the Province of Quebec, and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at [redbookmag.com/winit](http://redbookmag.com/winit).

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24, 2010, and complete and submit the entry pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, or Canada who has reached the age of majority in his or her state of residence at time of entry. Void in Puerto Rico, the Province of Quebec, and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at [redbookmag.com/momguide](http://redbookmag.com/momguide).

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## Correction

In "The Power of One" [April], we misprinted the website for the Welcome House of Northern Kentucky, a homeless shelter in Covington, KY. Visit the correct site, [welcomehouseky.org](http://welcomehouseky.org), or call 859-431-8717 to donate to needy families or find out more.



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# I love my

## Coach's Wife



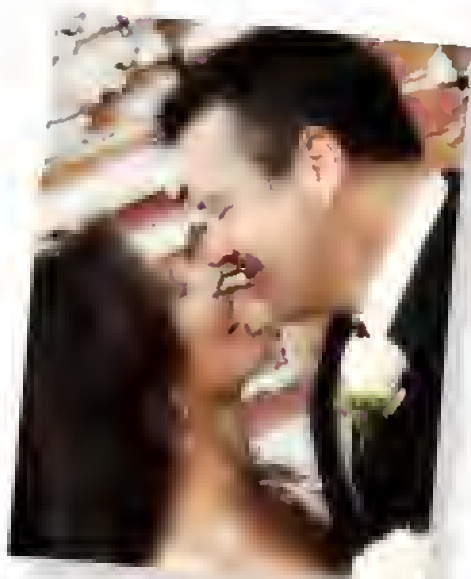
My husband is a high school football and baseball coach in Texas. That is our life, and I wouldn't trade it for anything. My 9-year-old daughter and I are at every game, supporting my husband and the players, cheering them on when they win and offering hugs when they lose. The players are like big brothers to Haley. The coaches' wives all stick together, knowing that our husbands are doing a wonderful job to help shape our young men and women—and it's our job to support them and make sure they're appreciated. —Jennifer Kress, 30, Alice, TX

## Dreaming

I'm a stay-at-home mother of four sons, ages 5 to 19, and the wife of a firefighter, and my family is my priority. But I also have plenty of goals for myself. Last year, I sang in a choir with 300 volunteers in a summer concert. I've worked as a movie extra on a few occasions. And my other goals include finally becoming fluent in Spanish, learning sign language, and getting a speaking part in a movie. I'd also really like to lose 50 pounds so I can be healthier, have more energy, and wear shorts in the summer! My dreams help remind me that there is a life for me outside of my roles as wife and mother. —Jocelyn Dorsey, 42, Chicago



## Love



After my marriage ended in my late 30s, I reluctantly reentered the dating world and—wow!—was it scary. After a couple of years, I was convinced I was destined to be alone forever. Then I met Dave: He had gone through a divorce at the same time I did, also after 15 years of marriage, and all four of our kids were around the same age. Our connection was immediate! The first date turned into the second date, which turned into a third date, which turned into knowing this was who I was meant to spend the rest of my life with. We married four months after that first date and have been happily married for almost three years. I have a true partner who totally gets me. Of course, we're not perfect, and there is no perfect marriage, but we are perfect for each other. —Janet Pulis, 42, Coeur d'Alene, ID

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